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SAVVY TIMES

A woman with blonde hair, wearing a blue polo shirt, sunglasses, and a visor, is riding a brown horse through shallow water. The horse is splashing, and the woman is smiling. The background is a blurred natural setting with trees and grass.

Welcome to the Journey! Issue 12, July 2017

Parelli International Savvy Club Magazine

Still Spooking
After All These Years

Legendary Dressage Master
Walter Zettl Finds Harmony
with Parelli Principles

A Fish Or A Line

Coltstarting—It's About
Teaching Horses



2006

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SAVVY TIMES™

Parelli International Savvy Club™ Magazine
Issue 12, July 2006

www.parellisavvyclub.com • www.parelli.com
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Photography by: Coco/Firefly Fotos
(except where noted)

FOUNDERS Linda & Pat Parelli
PRESIDENT Mark Weiler
ART DIRECTOR Yvonne Wilcox
GRAPHIC DESIGNERS Nicole Beaugureau
Lyle Congdon • Laura Dollar
VIDEO DPT. David Burns • Eric Weiler
ADVERTISING/EVENTS Sherri Renfrow • Laura Rome
INFORMATION TECHNOLOGIES Olin Blodgett
Heather Davey • Chris Dollar • Erin Huttinga • Jeff Robel
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PERELLI PROFESSIONAL PROGRAM DIRECTOR
Neil Pye
PROGRAM DIRECTOR'S ASSISTANT Kaffa Martignier
CUSTOMER COORDINATOR/PARELLI CENTER
Elizabeth Andriot

Parelli Natural Horse•Man•Ship, USA
PO Box 3729 • 56 Talisman, Ste. 6
Pagosa Springs, Colorado 81147
1-800-642-3335 • Fax: 970-731-9722

Parelli Natural Horse•Man•Ship,
Australian Branch Office
OPERATIONS MANAGER Venetia Raymond
SAVVY CLUB Alison Bickley
PO Box 260 • Picton, NSW 2571
1800 460 988 or +61 2 4630 9677
Email: australia@parelli.com

Parelli Natural Horse•Man•Ship, Canada
Box 543 • 3627 Hwy 97A
Armstrong, BC, V0E 1B0 Canada
877-727-3554 • Fax: 250-546-2774
www.parellicanada.com

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Linda Parelli and her Trakehner Warmblood, Allure, at the Parelli Center in Ocala, Florida.



Caton, grandpa Pat, baby Angelina and Marlene

Dear Friends,

The first few months of the year were nice and quiet for us. It gave us more time to invest in our horsemanship, welcome into the world a few new little foals, and we also visited with the Parelli family in Florida for a few days so Pat got to play grandpa to his heart's content.

and one of them had made profound physical changes and almost looked like a completely different horse! The love between horses and humans was palpable. As they played you could see how much the horse offered and how stimulating it was for them.

I complimented both Mary and Ann highly for how much they'd grown since the course (both are Level 3 grads, one attended the six weeks last fall, the other in February), and each of them responded that not only was it the most powerful course they've ever done, but that the changes in their horses have gone way beyond what they imagined. Mary comes from a competition background in the hunter-jumper world, and she told me that at a recent competition her horse was the calmest she has ever experienced. This Thoroughbred was a very anxious, nervous horse. She said that not only did his relaxation blow her mind, the best thing was that she knew exactly what to do to prepare her horse for success every step of the way. That's real savvy!

Speaking of tour stops, we've had some interesting horses of late. Pat had to deal with two pretty extreme characters, both of whom dragged people around for sport...boy were they good at it! I also had one more challenging than usual, an ex-racehorse who did not know how to back up and was really scared of the trailer. Of course things worked out nicely in the end, but it's always interesting when you've got horses who are in some way 'behind the eight ball' in their behavior. It makes for a more extreme demonstration and while

Pat and Caton with Bob Wills' daughters Diane and Carolyn at Twin Fiddles Ranch



The Parelli family

With two of our tour stops being near each other in Fort Worth, Texas and Guthrie, Oklahoma, Pat got to stay and play cowboy for a week visiting, roping and cutting...he was in heaven. He also got to meet the legendary Bob Wills' daughters, Diane and Carolyn, at Twin Fiddles Ranch. Much to Pat's surprise and delight, they generously offered him one of Bob's fiddle cases and a few memorabilia pieces which we'll really treasure.

Meanwhile I was back in Florida for the final week of our spring classes at the Parelli Center after which the big move to Colorado took place. The classes are going very well with lots of learning taking place. For me it's a big deal as it was a huge task to redesign all of our courses, but the results so far have been way beyond even my expectations. Students are getting phenomenal results, making huge and lasting changes in themselves and their horses. In fact I just saw two recent students at our Yakima, Washington tour stop, and watching them brought tears to my eyes. The horses were calm, attentive, happy and very connected,



photos courtesy of Pat Parelli

some people can identify with the situation more than others, I think a lot of people love it when it's not a walk in the park for us!

For me personally, having to play with a new horse in front of a crowd and with specific obstacles to accomplish tests my savvy in every way, not the least of which is having it not be about the trailer...or the tarp, or the barrel jump, etc. It's all about the relationship, trust and leadership, and then it's all about building a horse's self-confidence. So when asking the horse to think about playing with the trailer, it's not about making him get on but all about having him get confident, curious and responsive enough to do it. When you focus on this instead of having to get the horse in, it makes a huge difference for the horse, one that affects everything on the ground and when riding. That's because you profoundly affect the horse and his view of humans. Most of the time I find myself convincing the horse that I'm not going to push him beyond his thresholds of confidence. That takes self-discipline and it takes reading the horse as accurately as possible...that's why every time it's a wonderful challenge and builds my savvy significantly.

Pat and I usually end up having very different demo horses at the event, one right brain, one left brain...and more often than not the crowd votes for Pat to get the right brain horse, the one hanging off the ceiling! Occasionally I get a scared horse too or Pat gets the left brain naughty boy if he seems more extreme, so the great thing for the audience is that they get to see two very different demos but with the same outcome.

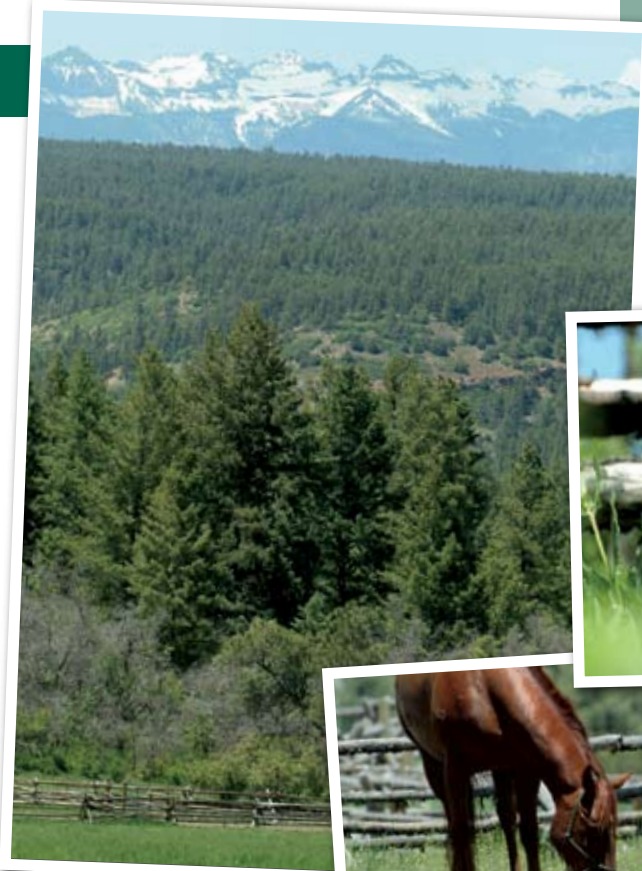
INTERVIEWS & AWARDS

Watch for comments from us in two upcoming articles in major publications: In *Equus* regarding feeding treats, and in *Western Horseman* on the 'Soft Feel.' They asked some very good questions. Most exciting for me is that they said at the end of each interview, "You've said almost the exact opposite of what most of the others said!" Yup. How does Pat put it..."Just watch what everyone else does and do the opposite!"

Hot off the press: Pat has been recognized with a great honor—he has been inducted into the Western States Horse Expo Hall of Fame!

The Horse Expo's statement on the perpetual Hall of Fame award reads: "In honor of those who have made a significant, meaningful difference in the world of the horse."

In 2002, Frank Vessels was inducted into the Hall of Fame in recognition of his work for the Quarter Horse and Thoroughbred breeds. In 2003 Ray Hunt was inducted, followed by Dr. R. M. Miller in 2004. No inductee was chosen for the year 2005.



Unfortunately, Pat couldn't attend the award ceremony during the Saturday Evening Showcase at the Horse Expo due to our prior obligation to be at a Parelli Tour in St. Paul, Minnesota, but our crew captured his acceptance speech on video. The video was shown on a huge screen to the thousands of attendees that night in California. The crowd gave Pat a standing ovation when they heard his name announced! In his acceptance speech, Pat talked about his California roots and how so many California horsepeople helped him in his career and influenced his methods.

Many thanks to those who chose to honor Pat with this prestigious award! I'm told that there will be a photo of the award on the Western States Horse Expo website, www.horsexpo.com.

MEANWHILE, BACK AT THE RANCH...

It's great to be back here in Colorado for the summer. The horses are well, the weather is beautiful, the grass is rich and green and the mountain views are breathtaking. It's funny, but I'm never quite prepared for just how much better those mountains look than what I remember. The Florida Center and the Colorado Center are dramatically different settings, each one beautiful in its own way, and both of them the perfect place to come focus on savvy, naturally.

We're looking forward to a new Savvy Conference this September. Check out the schedule in this issue and we'll see you there!

Yours naturally,
Linda

*The Colorado
Parelli Center in
Pagosa Springs*

Aha! Moments

You know you truly understand Parelli when you see how it applies to a part of your life that has nothing to do with horses. Send us your *Aha! Moments* to share with fellow Savvy Club members. savvyclub@parelli.com or Parelli, Attn: Savvy Times, PO Box 3729, Pagosa Springs, CO 81147.

photo courtesy of Janice Hellmann



As an Equine Assisted Learning Specialist, I am reminded daily of how therapeutic horses can be, and am amazed at the profound therapeutic benefits of the study

of Parelli Natural Horsemanship. I personally experience my own growth as I study, and am delighted to witness the growth of my husband and children as they study Parelli.

A few years ago, my husband and I were blessed with a son, an adorable, blonde haired, blue eyed bundle of energy...that was about to turn four years old. Stephen spent the first years of his life within the confines of a windowless, cinder block orphanage in Romania. He came to us willing to love and ready to learn. However, he came to us with a heart and mind full of experiences that had caused him to be anything but trusting. It wasn't long before I began to see a connection between the examples Pat gives of horses being prey animals and behaviors of my precious little boy. Behaviors that are instinctive in order to survive.

The philosophies of Parelli Natural Horsemanship are therapeutic tools for us as parents, and we have watched Stephen evolve into a confident child, full of spirit. Equal doses of love, language, and leadership serve as an excellent guideline. In those moments when I see

my relationship with Stephen diminish, I can always evaluate my responses to him by asking myself, "What phase did I use? Was I consistent? Did I give EQUAL doses of love, language and leadership?" I THEN have to remind myself that I must ALWAYS return to the Friendly Game to continue to build a TRUSTING relationship.

Parelli Natural Horsemanship; it's more than relationship with a horse.

—Janice S. Hellmann, Cross Plains, Tennessee

Pat always says to "Take the time it takes so it takes less time." I have found this statement to be so important both with horses and with people. My husband, who is one of the "others" but nevertheless, supports us in all of our horse endeavors has been soaking in some of the Parelli philosophy just by being around us. One day he came home and described to me how true that statement is. He is a neonatologist (newborn intensive care doctor) and works under extremely stressful situations. Communication with parents through the process is also very important. He had been off for a couple of days and had not talked with a certain set of parents and found them very upset when he came back. While he was gone, their questions had not been answered and their fears had risen. No one was taking the time to sit down with them and explain what was happening with their baby. My husband sat down with them for a long time and answered all of their concerns and let them know what was happening and why and they calmed down. He came

home and said how he had taken the time it takes and it had made all of the difference.

—Jane, Louisiana

A few years ago, we welcomed into our family a Rottweiler named Bailey. She came from a rescue and we thought that she would be a great companion for Reggie, our German Shorthair. The two of them are best buds.

However...whenever I tried to take Bailey for a walk, I'd have to clutch the end of the leash for fear that she would take her usual romp through our neighborhood, sending all who were outside in (not so bad if you had some of our neighbors!). I even fell a few times in her pursuit of chasing a squirrel.

The choke collar and my latest purchase of a spike collar have been failures. I would get so angry at her for dragging me—I'd say, "I have a 1200 pound horse who doesn't drag me like this!"

Aha! If I have been able to do wonderful things with my three-year-old Rocky Mountain following the Parelli Levels—why wouldn't it work with this dog?

I began on that very walk. Taking the end of the long leash, I started using rhythmic pressure by twirling it in front of me, like the fan technique. Bailey learned very quickly that if she didn't stay right next to me—she would walk into the leash fan and get a zoink on the nose.

We now go for enjoyable walks together, while I think of ways to use my Parelli knowledge on my husband and kids!

—Linda Bobb, Illinois

M.E. & OH BOY® BY KATJA TAURES



Follow the adventures of M.E. & Oh Boy in the new Level 2!



AN AFTERNOON SNOOZE

I just wanted to tell you what I did with my horse, Banana Split. I was out in the field with him, Beauty and Gabby. I found a nice grassy spot and took a sun-bathing, pheasant-spotting snooze. After awhile I heard a thump and looked over to see that Banana was down and out for the afternoon. I went over to him while he was laying down like a puppy playing dead and laid my neck on his like a pillow. At first he wasn't so sure, but then he just fell asleep (so did I). Luckily my mom came out with a camera and took some pictures.

—Julia and Banana Split



photos courtesy of Julia

SIMPLY AMAZING!

Thank you very much for the Parelli Level 1 kit that I won last December through "30 Things Learned From Horses!"

Since I started the Parelli program I have made a lot of progress with my four-year-old Paint, Wildfire. (Don't be deceived by his name—he really is a mellow horse.) I got him when I was twelve years old. At that time Wildfire was seven months old. I trained him myself, with the aid of some riding instructors. Last fall we ran into some issues with riding that I didn't know how to solve, including head tossing, bit chewing, rein stealing, and crow hopping. I tried to be diligent and work through our issues, but I always ended up frustrated and feeling like I had failed my horse. Parelli has definitely turned our relationship around. (I must sound a bit like an infomercial!) I cannot remember the

last time I felt frustrated—simply amazing! I can honestly say I love my horse again! I look forward to each time I see him. When I can't go to the barn because of homework I go through withdrawals! I am addicted to my horse!

This picture is from a clinic in Green Bay. This was our first ride using Parelli!

—Danielle Daugaard and Dakota Wildfire



photo courtesy of Danielle Daugaard

A PROFOUND EXPERIENCE

The Parelli Natural Horsemanship program has been a challenge, a source of fulfillment, and immensely rewarding for me. I know if my horse, Cisco, could talk he would thank you for helping me feel, think, act and play like he does. This stuff is the best!!!

I would like to share an experience that occurred this past Saturday afternoon when I went out to play with my partner. Cisco is a VERY confident and dominant horse and daily it has to be established between our herd of two who Alpha is. When I approach "his bubble" his ears go back and then the Catching Game comes into play.

This last Saturday afternoon it appeared he had no interest in wanting to "catch me" and play, so I sat down on a rock about 15-feet away from him and what happened next took my breath away.

He moseyed over to me and laid down right beside me and proceeded to take a five minute nap. Watching him sleep was so interesting and the MAGIC I experienced was profound.

Wow, what a lesson in undemanding time. Like Pat says, "humans teach horses and horses teach humans."

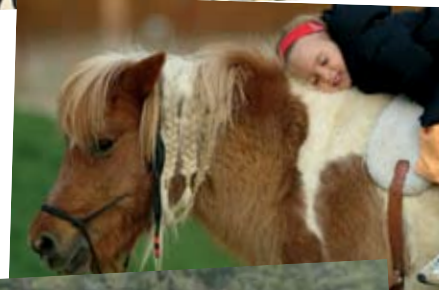
Thank you for helping me and congratulations on a job WELL DONE.

—Bonnie and Cisco

NO MATTER WHERE WE GO, THERE WE ARE.

PARELLI UNIVERSAL.

Our next issue of Savvy Times will feature Coco's visit to the Italy Savvy Center. Here's a sneak peak of a few of her photos.



photos courtesy of Coco

MAKING MEMORIES LAST

For the past six years, Steffy Hodge has been keeping journals of her time with her horse, Darlin', a Dark Bay Blue-Eyed Pinto Taverro Medicine Hat American Mustang. She is now on her 11th journal and says she keeps them to ensure that she will always be able to remember every moment she spends with her horse. She records each and every detail, from the temperature outside to a running total of the time they spend together.



photos courtesy of Steffy Hodge

AND THE REST IS HISTORY...

This is a letter of appreciation and thanks. I want to thank you and Linda for teaching and sharing your knowledge of horsemanship. My wife, Linda, is the horse lover in our family, and because of what she has learned and applied from your programs she is now riding her horse which six months ago she wasn't sure she ever would.

I am sure you have heard many stories similar to ours over the years but let me give you a brief history of our story to help put this in perspective. Twelve years ago we purchased Rosebud, a year-old, full-blooded, registered Arabian, for my youngest daughter who was eleven at the time.

My sister-in-law (my wife's twin) and her three daughters were into showing Arabian horses and Caroline, our daughter, loved horses so we bought an Arabian horse. As you can probably already tell we knew nothing about horses. Caroline showed Rosebud over the years and learned to ride fairly well. The years passed and she went to college and got married, and no longer had time to ride or the money to maintain a horse. My wife, who hadn't ridden since she was pregnant with Caroline decided to begin riding again but was scared of Rosebud and did not think her skills were, or ever would be, up to riding her. We tried to sell her over several years but were not able to.

Then about a year or so ago, she found RFD-TV and began watching your show. She got the Level 1 Program, she joined the Savvy Club, took Rosebud last spring to Jenny Vaught in Pleasant Hill, Missouri, a 3-Star Parelli Professional, and the rest is history as they say.

People at the barn have noticed a difference in Rosebud. About a month ago, Linda was riding Rosebud on the trails where we board in west St. Louis, County. It was a cool windy day with deer, rustling leaves, and trains. Rosebud was calm and under control and Linda was even able to trot her. Rosebud used to spook and bolt at these things and when the weather got cold she was really a handful.

As I watched my wife trot down the trail, I was thrilled for her, for I know how happy and thrilled she was to be doing this. My passion is not horses but it is my wife, and I love to see her be able to do the one thing she loves and do it well, especially when she wasn't sure she ever would.

I said to her, "Linda, do you know if it were not for Pat Parelli and his program you would not be doing this now." So Pat and Linda, I thank you.

Today is our 36th wedding anniversary and she is getting the Level 2 Program for her anniversary gift. For Christmas she is getting the Level 3 Program, along with some other Parelli products.

One of my sons lives in Ft. Collins, Colorado and this summer we are going to be at your Tour Stop in Loveland, Colorado in July. We are bringing my son. He also is a horse lover.

—Richard P. Taylor

A GREAT PLACE TO NAP

My Mini just turned one on April 2. He was my "reward" after caring for his mom, dad and two aunts while his human mom spent several months in Florida in 2005.

He, "Sunshine," has several different sizes of balls to pick from. Of course, the Parelli ball is his favorite. He, on his own, discovered after a 15-20 minute play time. The ball was also a great place to nap!!!



photos courtesy of Mary Jane Garrett

Little Joe is the black mini. He, Sunshine, and the Parelli ball are all buddies!!!

—Mary Jane Garrett



Dancing With Horses

by Karen Rohlf

On March 18th, something very special happened at Karen Rohlf's home. 14 riders and 30 auditors got to experience dancing with their horses in a unique clinic co-taught by Karen Rohlf and dance choreographer and teacher JoAnna Mendl Shaw. JoAnna also brought four of her professional dancers (Gina Paolillo, Blake Pearson, Luke Wiley, Luke Gutzsell) to expand the experience.

Karen and JoAnna have collaborated before and felt a strong desire to share their combined experience in a clinic format. Karen has found that by observing and learning from dancers she could expand her range of body language she could use to communicate with her horses, gain more awareness of herself and more beautifully play her part in the dance between horse and human. JoAnna has been choreographing performances using horses and riders for years, and has been drawn to Parelli Natural Horsemanship as a way to truly honor the spirit of the horse, and to learn more about how to interact with these noble creatures in a way that is natural to them. Linda Parelli is now on the Board of The Equus Projects.

Riders began with unmounted exercises to activate their bodies and learn about things like head-tailbone connections and Spatial Intent. Also to feel the difference between being passive, being in active neutral and then taking over the movement. These exercises were then practiced while mounted. The theme was to allow yourself to "Go for the ride."

In the second half of the day, again unmounted, JoAnna led the group through a series of exercises about leading and following...how to take leadership, how to accept leadership, how to follow, how to give up your leadership. Demonstrations by the dancers left all of us captivated and inspired.

In the afternoon, mounted session riders had time to dance with each other and the dancers to music, practicing the concepts they had learned earlier. The culmination was 14 horses and five dancers all together, moving in a mesmerizing dance, like a kaleidoscope. Riders experienced improvising and being totally in the moment, ready to take leadership from another rider, a dancer or their own horse...while being equally ready to give up their leadership to another rider, a dancer or their horse.

Throughout the day Karen "connected the dots" between JoAnna's exercises and the horsemanship.

The day ended with an improvisational performance of Karen riding River with the five dancers.

It was difficult to end the day, the positive energy was palpable. This was Karen's first clinic at her new facility. She opened the day by saying, "I am so happy to have this as my first clinic here. I always know I am on track when I am able to combine two or more of my passions. The people here are clearly open minded humans searching for true harmony simply because it feels good to be in that moment. I am excited to share my dream and know this will be just the first of many to come." 🐾

For more information on JoAnna and her work go to: dancingwithhorses.org

After a three hour absence from my farm, I discovered one of my horses upside down in a drainage ditch. He had struggled hard to get up, only making matters worse. He was exhausted. I rushed to get my Parelli tools but moseyed back to him, put the halter and 12-foot Line on his head and the 22-foot Line on a hind foot in an attempt to roll him enough to free him but to no avail. I got a shovel and dug out around his head and neck, then around his hind feet so maybe he could get some leverage, but he wasn't mentally staying with me long enough to help me help him.

I removed the 12-foot Line, attached the 22-foot Line to the halter and began an extreme Porcupine Game on his head while stimulating Zone 4 with a very persistent Driving Game. His response was weak but an extreme Phase 4 in Zone 4 began to work! Each time he struggled, I was able pull his head/neck just enough to inch his body around. With much persistence in the proper position the inch-by-inch movement enabled him to get enough leverage with his legs and up he came!

I thank Pat and Linda for the Program that gave me the imagination and savvy (advanced L2/beginning L3) to enable me to stay cool, think naturally and not do something stupid (normal) like get the tractor!!! Imagine that! Savvy that!!

—MADELYN VAN VOORHIS & ZIGGY, RUTHERFORDTON, NC

Our ability to imagine is the driving force behind our accomplishments. We can use it to resolve difficulties and also to produce images to help us create new ideas. The wisdom and variety in animal life is of the matchless imagination of a loving creator. He introduces us to the equine:

"Can you give to the horse mightiness?

Can you clothe it's neck with a rustling mane?

Can you cause it to leap like a locust?

The dignity of it's snorting is frightful.

It paws in the low plain and exults in power;

It goes forth to meet armor.

It laughs at dread, and is not terrified;

Nor does it turn back on account of a sword.

Against it a quiver rattles,

The blade of a spear and a javelin.

With pounding and excitement it swallows up the earth,

And it does not believe that it is the sound of a horn.

As soon as the horn blows it says Aha!

And from far off it smells the battle,

The uproar of chiefs and the war cry." —Job 39:19-25

The Savvy Program helps us to use our imagination to communicate with such a majestic creature.

—J. F. BEALBY, MULLINVILLE, KS

If you have ever been to Walt Disney World's Epcot you probably know what I am talking about when I say 'Figment.' Figment is the little green dragon symbolizing 'Imagination.' Once you've seen him and heard the catchy little tune he sings, you never forget it. Now that song runs through my head almost every time I play with my partner!

Not having a ring on my property, I have a short walk through the woods to get to my playground. Actually, the whole walk is my playground! There are hills, downed trees and a creek along the trail so I am always thinking of ways to use each of these obstacles as playthings.



photo courtesy of Sue Hanson

Going sideways or backwards up and down the hills, squeezing over the trees, stopping halfway over and side-passing off, and playing all Seven Games with the creek are all part of our walk. Each time we go I try to think of something different to do! I have even noticed deer watching from a distance. They might be thinking they want to try playing also!!

Also, 'Imagination' has worked for me in other ways too. Using a hand massager strapped to the end of my carrot stick I was able to safely desensitize my horse to the sound and feel of clippers from a distance.

Post shoulder surgery my therapist asked me what my goals were. I told him I needed to be able to swing a carrot stick over my head. Imagine what I looked like in physical therapy swinging two carrot sticks! It worked though and now I am back to using the sticks without discomfort.

As you can see Parelli has opened my mind to using the 'Figment of Imagination.'

—SUE HANSON, LEVEL 2 STUDENT

When do we lose the ability to play with abandon? I've given this a lot of thought. That is the problem, I do too much thinking and during the day to boot!

Each issue of Savvy Times features a particular subject to which our readers can respond. The deadlines following are when your 250-word submission must be received to be considered for publishing.

October Issue:

"Savvy" Aug 15, 2006

January Issue:

"Harmony"

Nov 15, 2006

April Issue:

"Confidence"

Feb 15, 2007

Please send submissions via e-mail to: savvyclub@parelli.com or via U.S. Postal Service to: Savvy Times, c/o Parelli, PO Box 3729, Pagosa Springs, Colorado, 81147. Thanks!

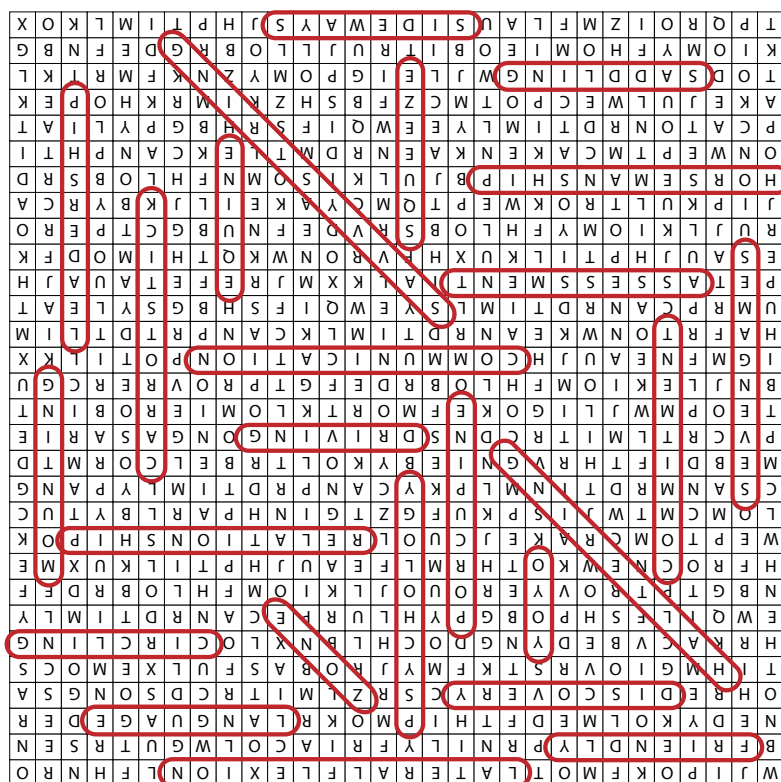
I loved the "Cow Psychology" Savvy Club DVD, Issue 11 segment with Pat and Shorty. I loved it because man and horse were having fun; I think the cow was, too. I loved it because it brought back special memories of my son, Adrian.

Adrian is now 31, married and still loves to play. We used to call him Calvin after a popular comic strip. In the comic, Calvin would make up games constantly changing the rules, making it fun, everyone followed. It was the same with Adrian. I remember watching the neighborhood children playing and listening to Adrian making up games, being a little bossy but keeping it fun. Sometimes he played all by himself. What an imagination.

Pat did the same with Shorty. He had a conversation as he played. Let's see if we can do this...now let's see if we can get the cow to go here...he was having fun creating on the run! He was playing with abandon. I want to play like Adrian and Pat, too.

I still need to think but I'm learning to use my plan as a beginning and then allow our play to build the momentum. It helps to talk out loud just like Adrian and Pat. Can we...let's see...go here. Obstacles turn into imaginary challenges. A few minutes magically turns into an hour. It's fun.

—LINDA ALGIRE, YORK, SOUTH CAROLINA



Junior Savvy Word Search Answers (see page 40)

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Parelli Demo Horse Program

Have you ever wondered about the process for choosing demo horses for the Parelli tour stops? If you apply for your horse to be a demo horse, what can you expect? Here you will meet Rachel Trotter, 22, of Asheville, North Carolina, and her horse Banner, an eight-year-old Quarter Horse. Banner was a demo horse at the March 18–19, 2006 Fletcher, North Carolina tour stop. I caught up with Rachel after the tour to find out about the experience. by Elanor Waincott

"It was amazing, awesome, wow," she exclaims. "It gave me way more ambition to go out and do things with him. Banner learned respect. When I was leading him out, he was pushing on me, but after Linda played with him, he already got the idea that he was supposed to follow further back. I learned everything. Horses are not something you push around. Horse psychology—I had never thought about prey vs. predator—brought everything to light."

Banner to be a demo horse because, "I wanted to see what they could do with him."

In order for a horse to be a demo horse, it must meet the following requirements: be between three and 13 years old, be more than 14.2 hands tall, be a mare or gelding (no stallions), have never been exposed to any Parelli techniques and be rideable. An application, which can be found on the Parelli website, is available to fill out a minimum of ten weeks prior to a tour stop. Approximately two weeks after Rachel submitted her application, she was informed that Banner had been picked as a finalist.

"There were three finalists all together and I had to submit a ten minute video, showing leading in a circle in both directions, saddling, walking in a circle in both directions, trotting in a circle in both directions, and cantering in a circle in both directions," she says. About two weeks before the tour stop Rachel received a phone call saying that Banner had been chosen to be a demo horse.

"When I found out, I cried, I was so excited," she says. "Actually, I wasn't there. My husband took the call. When he told me the lady I had been waiting to hear from had called, I jumped up and down. My husband was like, 'Whoa, I didn't know you would be so excited.' I called all of my family and friends."

That night, she was sent paperwork. Coggins and a Health Certificate had to be faxed back with the paperwork within three days. As Rachel was waiting for the tour stop, "I was excited. I was nervous about leading him in the arena in front of all those people. I was worrying about how Banner would react, as he is not used to being in a stall."



Rachel and Banner.

Rachel was introduced to Parelli through her friend Brooke. "I got to see what it was doing for her and her horse and thought I should check it out," she says. Rachel applied for



photos courtesy of Eleanor Wainwright

Rachel arrived in Fletcher at 9:00am on Friday, the day before the show and arranged Banner in his stall. The shavings for the stall were supplied by Parelli. "I stayed with him all day. I got to see the Parellis arrive. My best friend Brooke was there. I did not want to leave Banner. I wanted to spend the night with him. I just basically hung out the rest of the day."

On Saturday, the day of Banner's appearance, Rachel arrived at 7:00am. "The place was packed already. I was really excited, but nervous. I brushed Banner and walked him around. The doors opened at 8:30am. I milled around for a while and then found seats." The show started at 9:30am with a session from Pat and Linda. At around 11:30am there was a break and Rachel went to get Banner. At 11:45am, she led him down, was fitted with a microphone, and waited behind the doors to go out.

When she entered the arena, she was instructed to go to the right or left and to stay as close to the fence as possible. Pat read each owner's application to inform the audience about the demo horses' problems. Then, Pat asked each owner to trailer load his/her horse, put a tarp on the horse's back, jump barrels, and put the big green play ball on the horse's back. "When Pat asked us to do these things, I thought, 'What, my horse do this? Yeah, this is a joke.' I was worried that Banner would not jump the barrels or trailer load," Rachel confesses.

The audience was asked to vote for which horse Pat and Linda should work with. Banner was chosen for Linda. As Rachel sat there watching Linda play with Banner, she says, "I was blown away at how easy she was with him. He did it because he wanted to, wow!"

Banner had not wanted to load with the other horse and he didn't seem to like him. But when Linda was finished playing with him, Banner was chasing the trailer. "Linda brought the curiosity out of him," Rachel says. "Linda said Banner is so smart, I have to keep things interesting for him, as he gets bored easily."



A month after the tour, I spoke with Rachel again. She has completed all lessons in Level 1, except one, and has ordered her Level 2 kit and eventually wants to complete Level 3. Her goal is to take it step-by-step. "We are so much closer. Our communication is awesome. All I have to do is look at Banner and he does what I want. Now, when I walk out to the pasture he comes to the gate. The experience was awesome. Anyone who wants to get into Parelli and their horse meets the qualifications, should do this. It gave me ambition, to go out and do things with Banner." 🐾

Linda and Banner at the Fletcher tour stop.

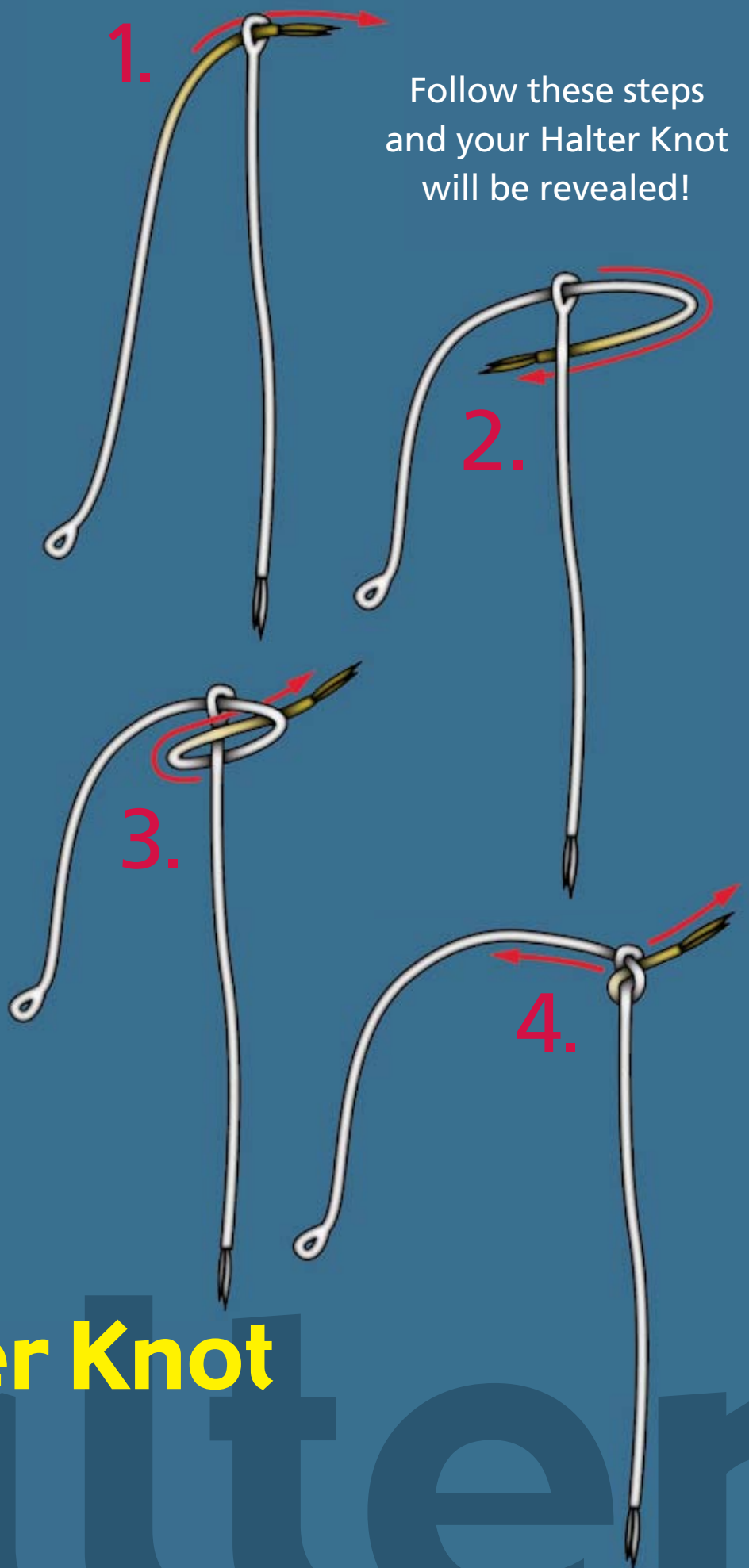
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Meet the Team

Ever wonder how Pat and Linda are able to run a successful business, two ranches, teach and present their program around the world? They have a great support team to back them up. Here we feature some of those team members and ask them what their jobs are like. This issue meet: Mark Weiler from the corporate office, Kaffa Martignier from the Parelli Centers, and Alain Martignier who many of you have met on tour.

Mark Weiler



photo courtesy of Mark Weiler

Kaffa Martignier



Alain Martignier



Where are you originally from?

Mark: Chicago, Illinois

Kaffa: Australia

Alain: Vallorbe, Switzerland

How were you introduced to Parelli?

Mark: My wife had a horse that wouldn't trailer load. The barn where we kept him suggested we seek out a Parelli Instructor. Pat and Linda happened to come to town shortly after we found an instructor, and the instructor suggested we spend some time with them.

Kaffa: I first heard of Pat Parelli when I was working on a big isolated cattle station (ranch) in central Northern Queensland, Australia. The place I was working on was running 25,000 head of Brahman (Brahma) cross cattle, and I worked there as part of the stock camp gathering cattle on horse back. One of my bosses went to a Pat Parelli Clinic in 1989 and came back talking about prey animals and predators. It changed the way we handled horses and I saw and participated in the starting of the next years work horse plant using methods influenced by Pat. I stayed interested from that point forward.

Alain: Watched one of the first video tapes in 1997 and then went to Pagosa to be a Working Student.

What's your job title, and how long have you worked for Parelli?

Mark: Parelli President for 5 years and a member of Pat and Linda's Board of Directors since 1997.

Kaffa: I am now the Faculty Team Leader at the Parelli Centers. Up until this I was a Parelli Instructor teaching in Australia, England and the US. My role with the Faculty started this January; prior to that I've been an Instructor since 1998.

Alain: I've worked for Parelli since 1997. My role now is Tour Manager.

What does that job entail?

Mark: I'm responsible for taking the intellectual property of Pat and Linda and getting it into the hands of our customers throughout the world.

Kaffa: My role as Faculty Team Leader entails lots of meetings to keep the lines of communication open between people; leading the groups of Instructors who come to attend the new Courses; overseeing the handling of student emails and video assessments; supporting the Faculty team in whatever way necessary, and lots of other odds and ends. I also try to make time to ride or play with a horse most days.

Alain: It's basically organizing all the logistics for each Tour Stop (travel, Team, set up, tear down and all the other details). The event coordinator (Laura Rome) organizes the venues and all the paperwork and I take care of the "On the Road" stuff.

What's the best/worst part of your job?

Mark: The best part is being exposed to the Parelli principles. There's not a worst part.

Kaffa: The best part of my job is the daily challenge and satisfaction I get; there really is no worst part.

Alain: The best part is that it doesn't feel like work. The worst part is that I love it so much I can't stop!!

Give an example of what your typical work day is like:

Mark: Actually during the work week, I spend:

- 20% of my time thinking about what Parelli's future looks like and how to position Parelli to be where the future will occur
- 40% in future product strategy meetings
- 20% on financial management
- 20% personally interacting with the individual employees at the corporate headquarters

Kaffa: A typical work day starts at around 7:30 going over my plan for the day. At 8:00 I usually meet with Neil Pye to touch base on the big picture. At 8:40 I meet with the Faculty to set up for the course that day and handle any small challenges before they get big. At 9:00 I meet with the current Instructor group attending the courses, to debrief their experiences the day before and answer questions that come up for them during the course. After that I try to sit in on some of the lecture or demo that day, then I spend the rest of the day responding to events of the day and handling emails and other correspondence. Most afternoons I make time for some horsemanship while it's still daylight, and then the evening often sees me in the office until around 9pm, catching up on email correspondence and planning.

Alain: When we are at the ranch, it's mostly time in the office planning and organizing upcoming events. On the road it's mostly problem solving and testing how well organized we are!

Are you studying the Parelli Program? If yes, please give us some details of your journey and horsemanship goals. If no or in addition to your Parelli studies, what are your hobbies/interests?

Mark: Yes, I'm a student of the Program. I take the Parelli principles and apply them in my business management and personal life. Essentially take the word 'horse' and replace with employee, associate, etc. I am a living example of the Parelli principles applied to people. I am also a car racing, classic car and history enthusiast.

Kaffa: Yes, I am a student of Pat's program and of the horse. My horsemanship journey continues to challenge me and draw me on; the horse's invitation is to be the best me that I can be—it's a journey that will never be over.

Alain: Yes, I'm studying the program. I passed my Level 3 in 2000 and have been teaching since. I've had the opportunity to teach in the US, UK, Switzerland, France and Australia. My goals now are to work more at a corporate level and leverage my time to introduce the Parelli program to greater audiences.

A Fish Or A Line

by Laura Dawson



"A Fish Or A Line" may seem an odd title for an article about horsemanship. Let me explain.

In November 2005, through a series of fortunate events, I was lucky enough to fly over from England to take part in the new Fluidity I course at the Florida Parelli Center. As this was the first time this course had been run, Linda Parelli herself was teaching. Although this was a big commitment for me, I felt it was an opportunity not to be missed. I thought about what I would like to achieve whilst I was there and decided the "Fish" I was after was that of developing a reasonable canter. I am not fantastically balanced and it is fair to say not completely confident either. I was hopeful that after two weeks with Linda my cantering would probably be OK...It is true this course was not what I was expecting, it turned out to be so much more.

The day before teaching began, we had orientation. There was a short talk about what would be happening, a chance to find where everything was, and horse assignments for those of us leasing horses. I had imagined that we would be given a horse, but the horses actually chose us. Not quite what I had in mind, but I was prepared to allow room for this to be an ingenious process and so it became for me. My horse was called Shy. She was a smallish chestnut mare and, like her name, she was shy. My horse at home in England is quite a dominant mare and mostly stubborn and right brain, so Shy was a complete change for me. I didn't for one moment realize how much Shy was to teach me in the short time we were together.

My own horse, or so I thought before Shy, pretty much needed a loud Phase 3 to acknowledge me, and so this is

what I approached Shy with. Poor Shy was horrified with my loudness and attitude and pretty soon had me realize what Phase 1 was all about and how to be polite. I am ashamed to say I was very quick to blame the horse for being too sensitive, and it took me a couple of days to shift my attitude. What a learning experience though. Since being home my own dominant, stubborn mare is doing very nicely at a polite Phase 1 or 2—miraculously.

"I'm not saying it's your fault, I'm saying I'm going to blame you" —Unknown

Shy also taught me the sheer joy of Liberty. As she was very light, I could be very subtle with my requests. I was soon in awe of what I could do with her. I am still working towards



my Level 2, so I am not trying to brag. I am trying to explain how I was able to achieve outside my expectations and my experience to that point. Shy showed me what I could achieve with the right communication, and I have been able to repeat this with my mare. I would not have believed I could do this with my mare at this stage. Liberty was something I expected to struggle with.

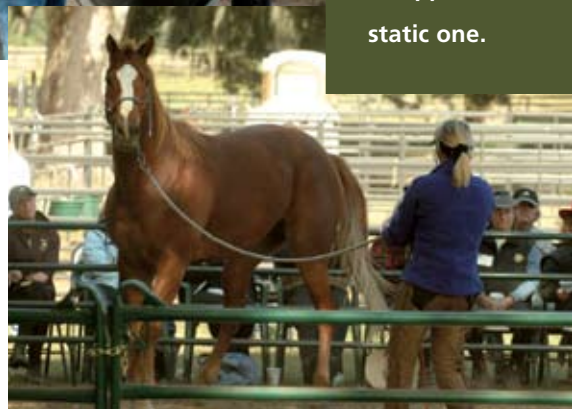
Having done so well in the first week, I started to get ahead of myself in the second, and Shy yet again stepped in to remind me all about prior and proper preparation. I came to truly understand what is meant by "it's not about the trailer/canter/clippers etc." It's about the respect, the leadership, the trust, the relationship, in essence the prior and proper preparation. This little gem in itself will serve me well for the rest of my horsemanship life.

"What is essential is invisible to the eye"

—Antoine de Saint-Exupéry



I learned on Big Red how to move in harmony, recognize disharmony and the benefits of the "retarding seat." I hadn't known before that balance was a dynamic state as opposed to a static one.



The quality and quantity of the material delivered in Linda's classes was absolutely first class. Classes were a mix of classroom sessions, DVD footage, simulations, demonstrations, questions and answers, handouts and, wonderfully, the opportunity for "self-directed" learning. This meant most

afternoons and some mornings we could practice whatever we wanted with our horses, each other, with Big Red (the "Seat Builder") etc., or not at all if we so chose. This is an immensely powerful teaching tool.

Although you can be given all the information, only you can learn it. This is different for the individual, and this chance to learn in your own way and at your own pace, I believe, is superb for self-empowerment. This was such a gift.

I came home with a confidence in my abilities to learn without being micro-managed and fresh ideas on how to do this. I also now understand how my horse might feel about micro-management. I was learning so much about the horse's perspective—my horse's ideas were becoming my ideas although I'm sure Pat says it should be the other way 'round!

"Knowledge is only rumor until we feel it in our muscles"

—Native American saying

Now I was beginning to appreciate alternative perspectives, lateral thinking and reverse psychology. I thought I would experiment with these skills with my fellow students. I was amazed by positive responses—friendliness, helpfulness, kindness, cooperation and empathy. Aren't these the ideals we strive for in our horses and ourselves? I realized attitude is a phenomenal tool for life. If I could identify these from my horse and reward them, just how willing could my horse become? When the course finished at the end of the two weeks, I was truly touched by the generous sentiments my fellow students and I shared and the insights we had gained. I understood this course for me had been a huge leap in my personal development. I was moving towards "the best me I can be" that Pat talks about.





nize this and how to be strong enough to resist self-imposed pressure and the feeling of failure. These lessons will keep me safe and set me up for success. Confidence takes so long to build and moments to shatter. This of course applies not only to ourselves but to our horses as well. One of the most amazing things I learned about cantering is the length of time Linda had taken to canter with her horse, Allure, in the open. Linda had done exactly what she teaches and “taken the time it takes to take less time.” I felt this understanding gave me permission to take things as slowly as I and my horse felt comfortable. If only I hadn’t felt the need to rush at things in the past, maybe my confidence would not be an issue now.

So in completion of this tale, I hope I have explained the title, the “Fish” I sought is yet to be caught, but I came home with “A Line” which I am sure will catch me this fish and many others in the fullness of time. Thank you. 🐟



“We must become the change we want to see”

—Gandhi

Another of the skills I learned and was able to practice on Big Red was that of moving my upper body fluidly with the horse. I had thought you moved from the waist down and kept the upper body still. I learned on Big Red how to move in harmony, recognize disharmony and the benefits of the “retarding seat.” I hadn’t known before that balance was a dynamic state as opposed to a static one. I think that is what is referred to as a blinding flash of the obvious (“BFO”). Learning on the predictability of Big Red as a rider, from the feedback of the operators and experiencing as an operator was a fast track means of learning in a conducive environment.

“To know the way and not practice is to be a ladle in the soup and not taste the flavor” —Jack Kornfield

Sadly I didn’t get to practice actual cantering with Shy. My skills were such, I simply didn’t have enough time to complete all the right preparations. Thankfully I learned how to recog-





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Course 2: Fluidity I—Freestyle Feb 11–23,
Apr 1–13, Nov 11–23

Course 3: Fluidity II—Finesse Feb 25–Mar 9,
Apr 15–27, Nov 25–Dec 7

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Jul 15–27, Sep 2–14

Course 3: Fluidity II—Finesse Jun 10–22,
Jul 29–Aug 10, Sep 16–28

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are full.



THANKS FOR NATURAL HORSEMANSHIP

I'd like Pat to know, that not a day goes by that I don't bless his name. Every time my ex-racing

Thoroughbred lays her big, beautiful head on my chest and gives a gentle rub, I know she's saying thanks for Natural Horsemanship. It's an awe-inspiring experience: this huge, strong, fast, free-spirited animal, just resting there, like a child, completely trusting, completely mine. There aren't the words. Only the feelings. Everything else is just stuff.

Carol was six weeks off the track when I bought her, having somehow survived the experience sane and sound. BTW, I've attached the story of how I found her. I wrote it a couple of years ago as a gift for a charity which supports the rehabilitation of racehorses:

She was curled up like a kitten on a huge bed of straw, a dark, unprepossessing mare, at first sight, who simply blinked at the intruder disturbing her afternoon nap.

I peered over the stable door, unimpressed. I didn't want a Thoroughbred. I didn't want a mare. I certainly didn't want anything out of racing. What on earth I was doing at a racing yard, I didn't really know. The sheer madness that is wanting a horse and wanting it right now had me in its grip, though an impractical taste for life's finer things should be taken into consideration.

Snatches of conversation stay with me. 'National Hunt,' 'Three Miler.' The trainer's wife was talking the language of the business. All I knew was that this was one big horse, when it stood up. The liquid brown eyes turned on me. Just another human watching it being cross tied so its rugs could be taken off. Viewing it as it was trotted up and down the yard. Another day, another duty.

'So what's she like?'

'You'd have to be very unlucky to come off Carol,' said her Lass.

'So what's she like?' I asked her trainer.

'She's a honey,' he replied, with a self-conscious smile.

I didn't quite believe them. I'd been sold pups before. But they gave

me a good trial and two weeks' approval on home territory, which was more than any private seller had ever offered.

We spent a year getting to know each other, my incompetence so often balanced by the

patience and sensitivity of this lovely horse. But we learned to listen to each other, rely on each other, sometimes nark at each other, but that's what friends are for. Another year and we've started

exploring. Show jumping, pleasure and endurance rides, lonesome hacks, anything that takes the fancy. Alert and responsive, she turns an elegant hoof to every challenge. No new command needs more than two prompts. Every day, every time out, she is a pleasure to handle and ride.

Has she no faults, this paragon? Well, the twice I tried tying her she broke free. Just snapped the halter, flew back five feet and looked at me. So I don't tie her. I don't need to. She'll stand anywhere from a roadside verge to a seething show ground. And in those few seconds where the halter comes off and the bridle goes on I always marvel that she chooses to stay. All that strength, beauty, fire and pride, mine through her trust.

—Jan Collie, Cambridgeshire, UK

4 DAY LEVEL 2/3 COURSE WITH JACKIE CHANT



"Lightness," something we all seeking to feel and achieve, but just how light can lightness be?

At the latest Level 2/3 course in Christchurch, New Zealand with 3-Star Parelli Instructor Jackie Chant, a group of six riders sought the answer to this question. Blessed with fantastic Autumnal weather for the Easter break, we made a promise to our horses on the first day to "never release on a brace!" Little did I know the fruits of that promise would cause such a dramatic shift in my relationship with my horse!

The importance of the Porcupine Game! The game we all know is usually our weakest, but one of the most important in the eyes of your horse. It was the quality of my Porcupine Game that my four legged teacher, Nash, was assessing every time I touched him, picked up his lead rope or took up his reins. "Put your heart in your hands," a quote from Pat that I can now say "I get it!" By never having more than "one ounce in my hands," I created no wall for my horse to run into...and he loved me for it! I was rewarded with TRY that I have never experienced in my relationship with Nash before.

Having our horses start to push from behind, rather than pull from the front and being soft to the feel (and relaxed), was the goal of our ridden sessions. FEELING when our horses "dump their weight on the front" and knowing how to facilitate change to shift the weight back to the hindquarters. Jackie was fantastic at getting us to feel it in so many ways. Bareback passenger riding helped create the awareness of how our horses move naturally; ensuring we were on our

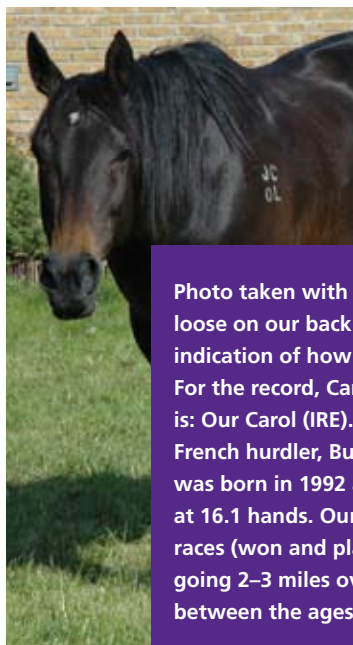


Photo taken with Carol set loose on our back lawn (a fair indication of how calm she is). For the record, Carol's full name is: Our Carol (IRE). Sired by the French hurdler, Buckskin, she was born in 1992 and stands at 16.1 hands. Our Carol ran 30 races (won and placed) mostly going 2-3 miles over hurdles, between the ages of 4 and 10.

photo courtesy of Jan Collie



photos courtesy of Kristie Everett

balance point and how to find our balance point while riding has given us the awareness that it is a two-way relationship! But the most important concept for me personally was the importance of a soft, yielding sideways and how that affected the quality of EVERYTHING! By the last day we were all experiencing a nine step back up in vertical flexion that was light and felt like we were on roller skates! WOW!

I look back to when I first started the Parelli program and how far I have come! Pre-Parelli, I doubt I would have known what it really felt like to have a soft back up, let alone how to get one!

I can't thank Jackie enough for her amazing support to all of us as we made progress at break neck speed over those 4 days! Jackie has been my "face to face" teacher from the first day I started my Parelli journey. She is an amazingly vibrant, knowledgeable teacher of the Parelli program and a HUGE asset to Pat and Linda and their incredible Savvy System. The followers of Parelli here in Christchurch are SO lucky to have such an inspirational teacher who is so devoted to the program and teaching it in its purist form. So...THANK YOU JACKIE!

—Kristie Everest (& Nash), Christchurch, New Zealand



PHOTOS FROM NEW ZEALAND

- The first photo is my 10-year old QH mare Gypsy helping me with a mosaic project.
- The second photo is Friendly Game—I came across some kelp for the garden while riding on the beach so decided to ask Gypsy to give me a hand carrying it back home.

- The third photo is us, exhausted, resting at X of the cloverleaf.

—Rita Virtama, New Zealand



photos courtesy of Rita Virtama



ENJOYING THE SAVVY CLUB

We are New Zealand members of the Savvy Club & we just love being part of the Savvy Family—as Pat puts it. We are loving all the on line info available to us. Reading Linda's Tip, the Savvy Stories, the Forum—reading about others experiences and ideas. Chatting on line is also great. We have met lots of new friends from all over near and far. Great to be able to do this in spite of the time difference. We have found that Kiwi folks need to go on line mid afternoon to link up with the chatterboxes.

Before being members of the Savvy Club we used to print out the



photos courtesy of Annette Johns

eNews each week so we could keep a copy of all those lovely tips and news snippets. Now it comes directly to our

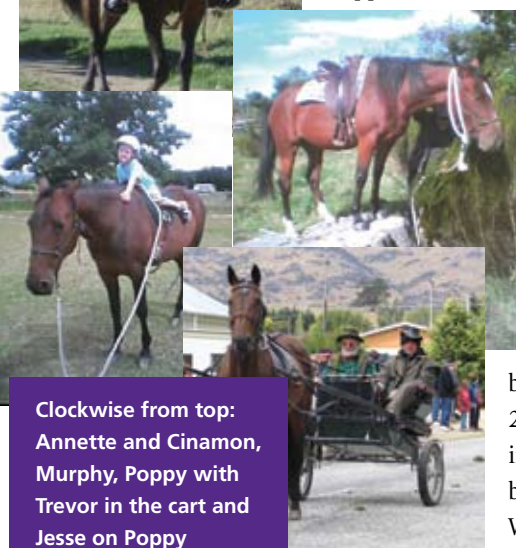
email address.

:)) We now save it to our computer files which saves on paper too.

'Murphy' is our youngster—3 1/2 yrs now.

She was started

by Russell Higgins at 2 yrs and is now being advanced slowly by myself (Annette). We want to watch & learn as much as we



Clockwise from top: Annette and Cinamon, Murphy, Poppy with Trevor in the cart and Jesse on Poppy

can for her sake. She will one day be a great trekking horse and safe for all the family to ride.

The rest of our equine family consists of Cinamon—9 yrs trekking horse for Annette & Poppy—11 yrs cart horse for Trevor. We both enjoy getting out in the hills with our girls. Our wee grandson Jesse is 5 yrs old and loves our girls to pieces. He loves to 'hang out' with 'the girls'. He gets to ride in the cart with his Grandad & be lead around on their backs by his Granma when he is with us in the weekends. We hope that one day he will have his own pony.

We are looking forward to a long and happy membership with Pat & Linda's Savvy Club. Happy Trails,

—Annette & Trevor Johns, New Zealand



AHA!!! MOMENT...

FROM A PONY'S POINT OF VIEW!!

My seven-year-old daughter's pony "Patchie," decided it would be appropriate to "take a bow," after completing a very successful morning of Level 1 games and tasks with his partner Mel Miller, and her friend and fellow Level 1 student Sally Martin (Age 10) with her partner "Pebbles."

Our young daughters are gaining so much knowledge at such an early age...their mum's can only dream of having such an opportunity when they were this young.

Thanks to Parelli our girls are safe, and using their knowledge with their horses on a daily basis.

—Parelli Mums, Angela Martin Level 3 Student, Pat Miller Level 2 Student, NSW Australia



photo courtesy of Pat Miller



photos courtesy of Walter Zettl



Legendary Dressage Master

Walter Zettl

Finds Harmony with

Parelli Principles

by Cynthia McFarland

photo courtesy of Walter Zettl



A lifetime of riding and teaching has literally taken dressage legend Walter Zettl around the world. Born in Czechoslovakia in 1929, he began his riding career in Germany at age 14. Just two years later, he was already riding at the professional level.

A dedicated student of horsemanship and equine education, Zettl gives much credit to his mentor and instructor, Colonel Herbert W. Aust, with whom he began riding at the age of 16. "I rode with Colonel Aust for eight years," recalls Zettl, "and every day with him was a lesson."

Under Colonel Aust's guidance, Zettl was awarded the German Federation Gold Riding Medal, which recognizes success at the upper levels of dressage and jumping in a single competitive season. At the age of 21, he was the youngest rider ever to receive this prestigious honor.

In 1952, Zettl was selected to ride on Germany's dressage team for the Olympics, but wasn't able to participate given his professional riding status. A year later, he became a professional instructor, and in 1955, at age 26, he became an assistant to his mentor, Colonel Aust. Together, they had the distinction of coaching three young riders who won the same Gold Riding Medal Zettl had earned just a few years earlier. Such a momentous accomplishment had never happened previously and has never happened again, he notes.

Zettl continued to compete successfully at the international level in Grand Prix jumping and dressage. For nearly 30 years,

he was a chief trainer in Germany, coaching riders of all ages to championship victories in jumping and dressage. Then in 1982, Zettl was recruited to move to Canada, where he became the Managing Director of the Canadian International Equestrian Sports Service. He coached the Canadian 3-Day Event Team for the 1984 Summer Olympics, and has coached the Young Riders Dressage Team from Ontario to multiple medal wins in the North American Continental Young Riders Championships.

Zettl lives in St. Catherine, Ontario, but routinely travels around North America giving weekend clinics, which teach riders the art of dressage and how to communicate with the horse. He believes dressage should be the foundation for all types of riding, and has written numerous articles for both German and American publications, as well as the

They are over bending their horses and the horses are being forced. This started changing in the last 10 to 15 years. When you use strong correction, strong aids and over bend the horse, he gets very frightened and starts resisting. As soon as the horse gets frightened, he will make more mistakes.

"We are hand-oriented, so we have to always remind ourselves to be soft and gentle with our hands. The horse's mouth is his most sensitive spot. When we hold a horse tight in the front (end), we shut the door for him from fleeing when something happens. It's no wonder the horse gets frightened because he sees no room to get away. Using force to train a horse is the wrong way and does not have anything to do with the harmony between horse and rider. Force enslaves the horses.

"Using force to train a horse is the wrong way and does not have anything to do with the harmony between horse and rider. Force enslaves the horses."

book, *Dressage in Harmony*. His most recent release is the video/DVD instructional series, "A Matter of Trust."

In 2004, Zettl met Linda and Pat Parelli for the first time at one of the USDF/Premier Equestrian Adult Clinic Series which featured Walter Zettl. The following year, Pat and Linda rode in a clinic in Texas given by Zettl and reining whiz Craig Johnson. A friendship developed as Zettl and the Parellis realized how much they had in common with their love of horses. Pat and Linda invited Zettl to their Florida center to give them private lessons, and their professional relationship and friendship continues to grow as they plan more training and learning sessions together.

We caught up with dressage master and natural horseman, Walter Zettl, now 77 years of age, to discover more about his views on today's dressage world, on putting the horse first, and what it takes to communicate with the phenomenal animals that are the focus of his life's work.

WHAT WAS THE GREATEST LESSON YOU LEARNED FROM YOUR EARLY INSTRUCTOR AND MENTOR COLONEL AUST?

"I was riding all types of horses then, from young horses to experienced horses. Colonel Aust was a role model for me. He was the kindest teacher and rider. He never lost his patience with a horse. Even if he lost his patience with a person, he was always nice to the horse. From him I learned that the well-being of the horse is the most important thing. He taught me that, 'Where force starts, the art stops.'"

YOU WERE A HIGHLY SUCCESSFUL COMPETITOR YOURSELF FOR MANY YEARS. WHAT ARE SOME OF THE CHANGES YOU HAVE SEEN OVER THE PAST DECADES IN THE WORLD OF DRESSAGE?

"I see now that dressage riders are having too strong of aids and riding their horses too much behind the vertical.

"The way to avoid this is gentleness. I was taught that we should build the partnership between horse and rider based on respect and kindness to the horse. If you teach with kindness and soft aids, every horse can do dressage at some level."

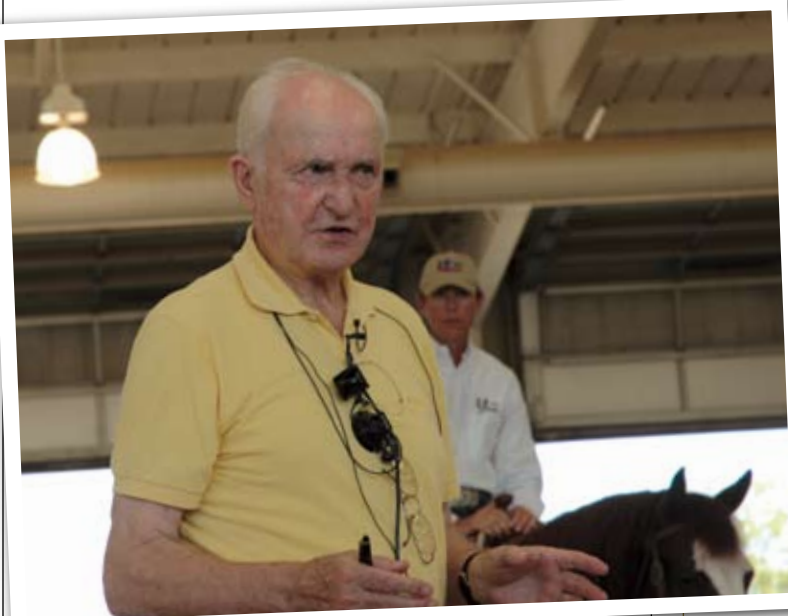


photo courtesy of Walter Zettl

YOU'VE NOTED THAT TOO MANY RIDERS TODAY ARE LOOKING FOR "QUICK SUCCESS" WITH THEIR HORSES. WHAT DO YOU THINK IS WRONG WITH THIS TREND?

"We are very demanding of our horses. Now it often seems that the horse is only a slave and the rider is the master. I see too much force used in training and a desire for quick success. I would like to warn those who would sacrifice the horse in trying to achieve quick success not to

be blinded by the success of a few who use this method of training. It is a violation of our horses, whose well-being should be our first responsibility.

"I've seen such beautiful horses being made to look ugly and 'tight' because of how they are being ridden. It comes from trying to get quick success. I'm a little bit scared when I go to shows and see this fighting between horse and rider in the warm-up ring."

HOW DO YOU THINK RIDERS SHOULD BE DEVELOPING THEIR HORSES?

"We have to find out how to make our aids more easily understood by the horse, and we have to know what aids to use so the horse understands. When the horse does something wrong, you have to ask yourself, 'What did I do to cause this?'"

"We have to use the right aids, and give them in the right moment so the horse can understand. We also have to change our response in relation to the horse and what he's doing at that moment according to what the situation needs. Most of the time when something goes wrong, we don't look at ourselves, we look at those around us."

"We have to go to the limit of what the horse and rider

"When the horse does something wrong, you have to ask yourself, 'What did I do to cause this?'"

know, but never over the limit because this will frighten the horse. Every time the horse gets tense or tight in an exercise, I have to do something different to make it easy for him, and then start again so he doesn't get frustrated and frightened.

"If you have a kindergarten-age child, you can't expect him to do the things he will do in first or second grade. He'll lose trust and become afraid. We have to train and build from the simple, basic exercises which lead up to more difficult ones. When the horse can do the most difficult thing without realizing it's difficult, then we know we've prepared him properly."

"My jumpers were never worked fast, but in competition they often had the fastest times because I could turn them without fighting. I just had to think it and the horse goes to the spot where I want him."

YOU OFTEN SAY THAT WE SHOULD "LET HORSES BE HORSES." WHAT DO YOU MEAN BY THIS?

"We keep these beautiful animals in unnatural ways. Most horses are kept in stall or paddock like a prisoner. We have to be kind to them and let them 'be a horse.' Every horse needs time every day to get loose and have freedom and play."

"As soon as we put a saddle and rider on the horse, the horse gets out of rhythm and balance. Most riders put a horse in a frame right away to control his temperament."

"We are making horses into dressage or jumping machines. Too many riders don't trust themselves or the horse to just let them be a horse."

WHAT IS YOUR CLINIC SCHEDULE?

"I travel all over North America giving weekend clinics; in 2005 alone, I gave 42 clinics. I focus on training both the rider and the horse, and both dressage and Western riders attend."

WHAT WAS YOUR FIRST IMPRESSION UPON MEETING PAT AND LINDA?

"We met at a USDF clinic I was giving and I hadn't known them before this time. They said to me, 'If this is dressage, then this is dressage we like.' They said it could be used in Western training too, because it was about harmony, softness and kindness."

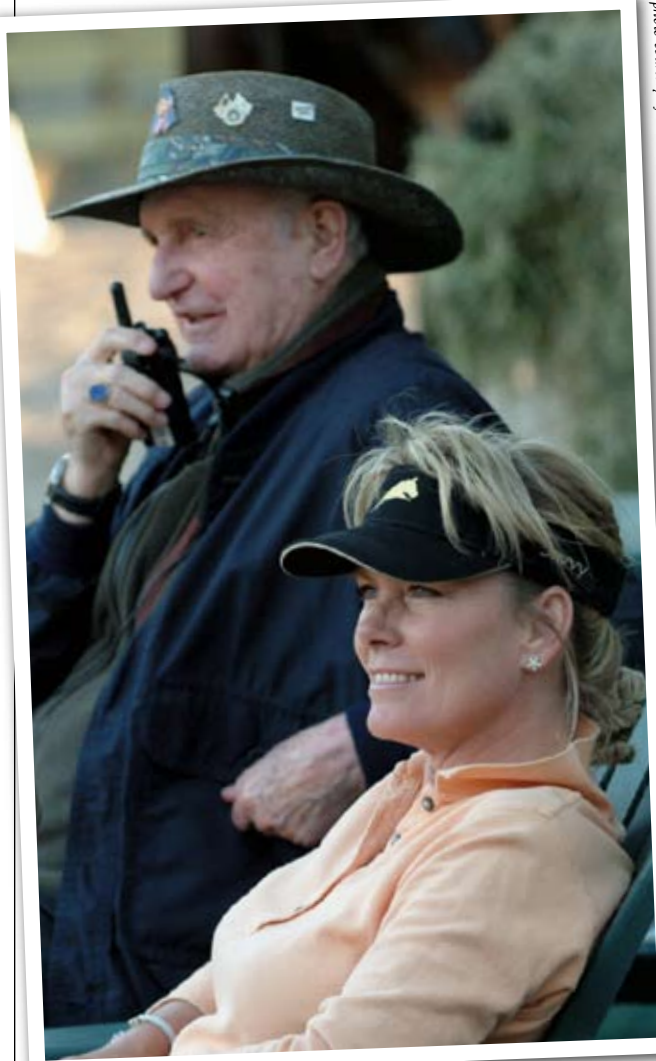


photo courtesy of Coco

"We had such a great time and we saw we had a lot in common and could learn from each other. I always try to learn from my students. I was so impressed with them as riders. The more they learned, the more they wanted to learn, and that's what impressed me. I also saw that they had respect for the horse and put the horse first."

TELL US ABOUT YOUR EXPERIENCE AT THE PAT PARELLI CENTER IN FLORIDA WHEN YOU TRAVELED THERE TO WORK WITH PAT AND LINDA EARLIER THIS YEAR.

"Pat and Linda booked me to come and give private lessons with them and with Caton. My first impression upon arriving at the ranch was what a deep love, understanding and respect Pat and Linda have for their horses. This same deep love and admiration for the horse was apparent in all their instructors and students as well.

"Most horses are kept in stall or paddock like a prisoner. We have to be kind to them and let them 'be a horse.' Every horse needs time every day to get loose and have freedom and play."

"I was so touched by the young gentleman Caton, who has overcome his handicaps and progressed further than anyone could have imagined. What a remarkable, sensitive horseman he has become! It was an honor to have him as a student. When I saw him give his father a hug and a kiss, I was so touched. What love between those two! It made my tears come.

"Working with Pat and Linda was a very special treat. They were able to execute my instructions with precision and accuracy. One could see the willingness of the horse to perform relaxed and effortlessly to the best of his ability. There was a true partnership between Pat and Linda's horses with them. This was demonstrated not only in their rides but also with the groundwork that they are famous for. To them this is play, not work.

"Their Parelli instructors were there watching these lessons, and all of these people saw Pat and Linda learning. They could really see that everything could be done in a soft manner and the horses were doing brilliant things. Pat and Linda are the smartest students; they have such knowledge, feeling and balance. Every correction came instantly."

WHAT FUTURE PLANS DO YOU HAVE WITH PAT AND LINDA?

"My wife, Heide, and I are going to Colorado this summer. I like to learn from Pat, and he likes to learn from me. We have the same thinking: the well-being of the horse and helping the rider understand that we have to think like a horse.

"I am so happy and thankful to have the opportunity to work with Linda and Pat Parelli. They share the same philosophy, ideals and love toward the horse as I do. It's a wonderful feeling to have a group of people unite and share a common belief system, one of love, respect and admiration of the horse."

WHAT WOULD YOU LIKE TO TELL THE DRESSAGE WORLD ABOUT NATURAL HORSEMANSHIP?

"First of all, we need to know the mind of the horse and why he reacts in the way he does. Riders need to learn much more

about their horses. Many times they buy very expensive horses and get on them and get very successful. Then the horse starts to resist and gets depressed, and they just sell him and get another horse. They don't work enough on the important foundations.

"That's what the Parellis are doing: teaching people first about the horse, about how the horse thinks and why he acts the way he does. This really should be for all of us, no matter what discipline we participate in. One should play with their horse!

"The most important message is that we don't lose respect and love for our horses. Our training should not cause undue stress and anxiety, but rather be fun and playful up to the highest level. Our horse should be eager to see us, enthusiastic about the progression, comfortable and relaxed along the way. It should be a partnership that is as fun for the horse as it is for the rider." 🐾



photo courtesy of Coco

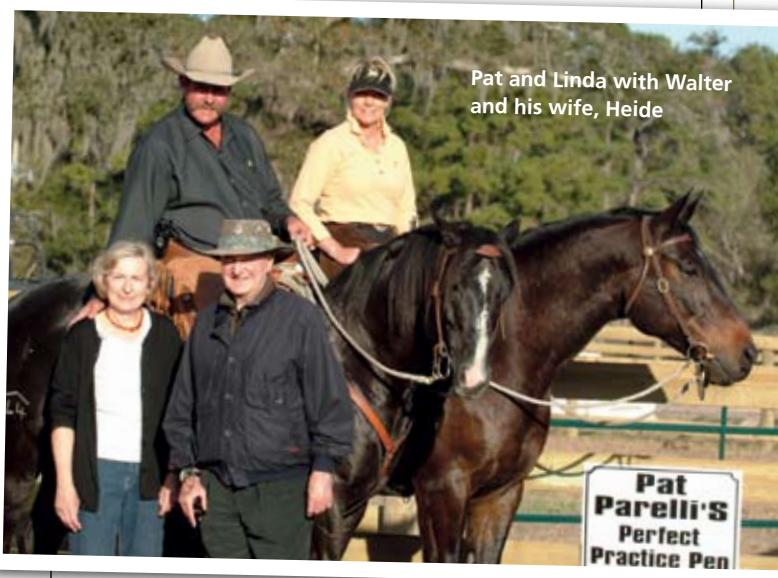


photo courtesy of Coco

I am a Level 2 student in New Zealand and have the pleasure of owning a young Arab called Shay.

Recently I purchased the Theraflex™ Saddle Pad (English cut) and shims for Shay as I want him to be as comfortable as possible. For the most part the pad is great however it is rubbing so badly behind the saddle (over his kidneys) that I have had to stop using it. I clean it every time I ride and Shay is also very well groomed. He is a little croup high at the moment as he is growing and has very fine hair that rubs easily.

Help! It is such a great product I don't want to stop using it, however I do not want to make my horse uncomfortable and the rubbing looks dreadful. Have you heard of this happening before? Do you know of anything else I could do to prevent the rubbing? (I have tried putting a blanket underneath and tried moving it forward and backwards but it still rubs.)



I know exactly what you are talking about.

When the horse is 'croup high' you will need to shim for both shoulder freedom and levelling for the croup. This usually means you will need a shim in the back of the pad. When the saddle is too downhill it will create problems in the shoulders, and if it is too uphill, it will create problems in the loin area.

For most people, the shoulders is where the problems are most prominent. So when you start to relieve this to the extent it's needed, it can create a counter problem at the loin area when the horse is croup high and very 'down hill.'

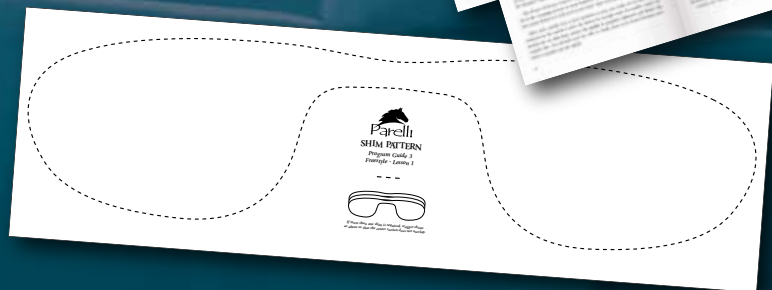
Simply cut a shim to fit that part of the pad.

Kudos to you for asking questions when things don't go like you think they should! Live in the question and be prepared to ask questions of reliable sources.

Yours naturally,
Linda

For more information on Saddle Position and Shims, as well as a shim pattern, refer to Level 2, Program Guide 3.

You can also learn more about Theraflex™ Saddle Pads and Therashims™ at www.parelli.com.



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KATJA

Still Spooking After All These Years

by Linda Parelli

WHY DO HORSES SPOOK? WHAT ARE THEY SEEING THAT WE AREN'T? WILL IT EVER GO AWAY?

I remember riding down the hill after taping a TV segment with Pat when Magic spooked at something ahead of her. Pat smiled and waited, pet her and kept talking with me. Magic relaxed and on we went. "I often wonder what it is horses see that we don't," he said.

To which I responded, "Maybe that piece of wood looked like a crouching predator?"

"Yeah," he said. "Maybe. But I really think they see or feel things that are there and we don't and it's not the stump. There are times of day when horses seem more spooky and that interests me." So while Pat delves more deeply than I can even imagine, I'm going to write to you about the things we do know we can help you to change!

WHY HORSES SPOOK

The fact that horses have survived for millions of years is due to their quickness to perceive and flee from predators. Inside every tame horse is that wild horse, and some are closer to that ancestor than others. Think of a couple of breeds that have a reputation for spooking, like Arabians and Thoroughbreds. They're hot-blooded, highly sensitive, high spirited and can go right brained in a nano-second. They are prized for their alertness and speed of reaction and yet these are the very things that make them prone to spook.

In the horse riding world, most people are stuck with what they've got because unless they break a horse's spirit there seems to be very little that can be done about changing a horse's emotional makeup. The good news is that a lot can be done if you approach it the way Pat does because he approaches from a point of deeply understanding the horse's needs

and nature, and can put it simply enough for people like you and me to learn to do ourselves.

CHECK LIST FOR CHANGE

1. Can you see your horse's point of view?

You can never change something you don't understand. If your horse's spooking makes you mad, frustrated or frightened, this is the first place to start. When your horse spooks he is reacting as if his life depends on it. He's not thinking, in the wild there is no time to think. Survival is based on act now, think later. As Pat so often says, "In a herd of horses, who's the one the predator gets? When all the others snort and take off, he's the one standing there going 'Huh? Whah?' But he's the best horse for most people to own!"

When you hear yourself saying "What's the matter with you? You weren't scared of it last time...you've been down this trail a dozen times, okay you spooked at other things but you've never spooked at that," you know you're thinking like a human.

The key is to think first like a horse and then like a human. When your horse spooks, stay calm, look where he looks and pet him with understanding, or stay focused ahead and ride on. Whatever you do, don't punish him, don't grab on with your legs and hands or his primal brain will tell him the thing he's afraid of is now on his back! Talk about adding fuel to the fire!! As his leader you have to be calm in the face of danger and it's not something you can fake. If right now you know that you couldn't do that, don't go out on the trail yet. There's work to do for both you and your horse.

Don't punish him, don't grab on with your legs and hands or his primal brain will tell him the thing he's afraid of is now on his back!

2. Adrenaline brings on spookiness

Have you ever noticed that when you get nervous or excited, everything seems bigger or more important or more hurtful than it really is? Same thing with horses. When their blood gets up they become hyper aware of the slightest things, a piece of grass moving when the rest is still, a leaf moving, a shadow, a tiny sound.

If your horse is not calm and connected with you, he'll think he has to fend for himself, become hyper alert and be



What does your horse see?





thinking about survival and nothing else. You need to be tuned in to your horse's adrenaline levels. If they are low, the risk of spooking is low. If they are high, you'd better not be on your horse. Better still, you shouldn't even be out there until your horse is better prepared and emotionally fitter.

It was two years before I could ride Remmer safely on the trail. Oh, I could take him out there, but it wasn't fun for either of us, and one time he bucked me off as soon as we got home because finally it was all too much. I had to put my selfish goals on the shelf and get serious about helping my horse become more emotionally fit. More on this later.

3. Horses influence each others' emotions

Horses are herd animals. Like fish and birds, when they're together they operate as one unit as if they have one brain and an interconnected nervous system. When we talk about your 'herd of two' in the new Level 1 and 2 programs, this is exactly what we mean. It's also why a crazy horse can calm down so quickly when Pat takes a hold of it. When you go on a trail ride and other horses are upset, your horse is likely to be influenced by that unless you are a stronger influence. If you are supposed to be his leader then you must not be affected by external or internal happenings because they will directly affect your horse. If you're unconfident or nervous, your horse will not trust you as a leader. If you're easily distracted your horse will tend to get distracted as well.

I had to put my selfish goals on the shelf and get serious about helping my horse become more emotionally fit.

4. Are you a good influence on your horse?

People all over the world constantly tell us that we have a fantastic horse-training program, but we are really not training horses, we are teaching YOU to teach your horse. Horses don't need to be 'trained,' they need good leadership and clear communication. As the leader in your herd of two it's your job to keep your horse safe and without worry, to prepare him well for what you plan to do. It's also important that you are unflappable and calm in the face of the unexpected so you can think clearly. As the leader, you need to have the plan of what you're doing and what frame of mind/confidence your horse should have throughout. How good are you at getting your horse to understand what you want? Can you play the Seven Games with all kinds of strange obstacles and in unusual areas? Have you tested the 'distance' of your influence by going to longer lines, etc. etc.? If your horse goes right brain, do you know how to shut it down right away? And if he gets unconfident do you instantly take care of that so it doesn't escalate into fear?

CONFIDENCE IN A CUP

Pat and I often wish we'd called the Friendly Game, the Confidence Game because that is what it's all about. I heard Ray Hunt once say that it means "being prepared for the unthinkable," what a great definition.

I want to teach you to think about confidence in five specific areas. In this way it will help you to think about how spookiness is made up of all these factors rather than spooking being a 'problem behavior.'

YOUR HORSE

1. SELF-Confidence

- Innately confident or unconfident/scared

2. Confidence in the LEADER

- Trusts and respects you
- Doesn't get scared when you take control or ask him to do things
- Doesn't argue with you

3. Confidence in the ENVIRONMENT

- Is not bothered by changes or moving towards new/strange environments: getting further away from home; going on trail rides; etc.

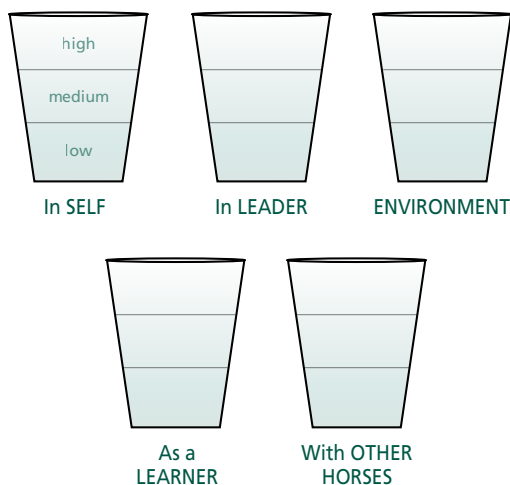
4. Confidence as a LEARNER

- Feels safe, is open to try new things

5. Confidence among OTHER HORSES

- Focuses on you more than them
- Is not very bothered or affected by the emotional behavior of other horses

Use the diagram below of the five cups and fill it up to the line that represents your horse's confidence. Which ones are low, medium or high? Are there more low or more high ones? Are they all medium?



Now do the same exercise for *yourself*, check your confidence level in these six areas:

YOURSELF

1. SELF-Confidence – GROUND SKILLS

- You can quickly control and correct right brain behavior in your horse
- You can keep or quickly regain your horse's attention and confidence

2. SELF-Confidence – RIDING SKILLS

- Are you innately confident or nervous as a rider?
- How good are your balance, fluidity and athleticism?
- How experienced/advanced are you?
- Are you able to quickly address any deteriorating behavior in your horse?

3. Confidence in YOUR HORSE

- How much can you trust him to act like a partner?

4. Confidence in NEW ENVIRONMENTS

- Do you get anxious/nervous/excited in new places with your horse or are you calm?
- Do you worry about how your horse is going to behave?

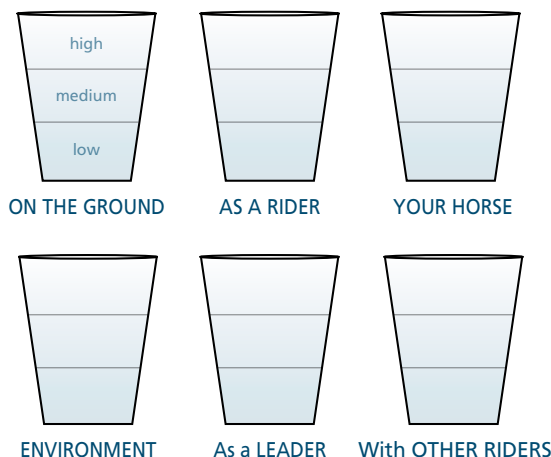
5. Confidence AS A LEADER

- Do you make good plans, good decisions?
- Do you prepare well, don't get right brain when your horse has trouble?
- Do you let your ego interfere, etc.?
- Do you put the relationship and your horse's confidence first?

6. In the company of OTHER RIDERS

- Do you have the courage to do what is right for yourself and your horse?
- Do you choose to listen to bad advice?
- Do you worry what others might think?

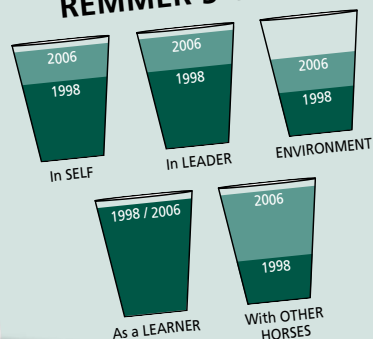
Use the diagram below and fill it up to the line that represents where you are in each of these areas. (It would be interesting if you put a date on these diagrams so in the future you can measure your progress.)



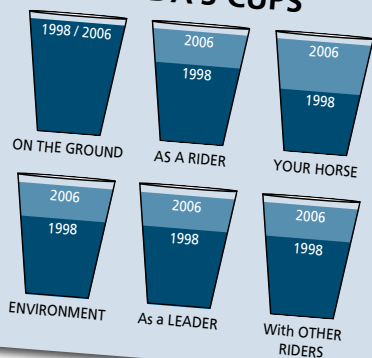
Now, compare the two. The lower your horse's cups are, the higher all yours need to be. And if you're thinking about going out on a trail ride you need all of the cups to be at the *medium to high levels for both of you*...especially if you want to stay safe and enjoy it! With the experience I now have as a horseman and teacher I am much more savvy about what "setting it up for success" really means. I don't take risks because my safety and confidence are so important to me. For that reason, even if only one of the cups were low, I would not take my horse out on a trail ride. (I define "risk" as knowing things aren't quite right and doing it anyway. In the same vane, ignorance is risky too!)

In fact, just because you don't get scared doesn't mean you're okay to take risks with a horse that has low ratings in his areas of confidence. Tom Dorrance once said that when a horse fell with him and broke his leg that the problem was he *didn't get scared*. The fact that he wasn't thinking about what could happen meant he stayed on a panicking horse until the bitter end. In the future, he would read and anticipate what might happen so he could do something about preventing it, or get off. It's not about fear; it's about good judgment. It's about savvy.

REMMER'S CUPS



LINDA'S CUPS



in all the required areas. It took two years (with the schedule I had at that time, as well as my savvy level) until I could trail ride safely with both of us confident, and best of all to be able to have fun.

Here are some examples of my 'cups' as applied to two of my horses, when I first got them and today.

Results: In 1998, I got bucked off at the end of a trail ride, which is what

it took for me to pay attention to the fact that trail riding was always a nerve wracking thing, far from relaxed. Remmer on a trail ride was always uptight, tense and very spooky. So I stopped trail riding until I built his confidence enough

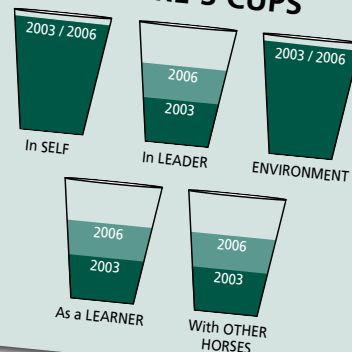
As of today, in 2006, I can take Remmer just about anywhere and have little to no problems at all when it comes to new environments.

Now let's look at the levels for my other horse, the very challenging Allure!

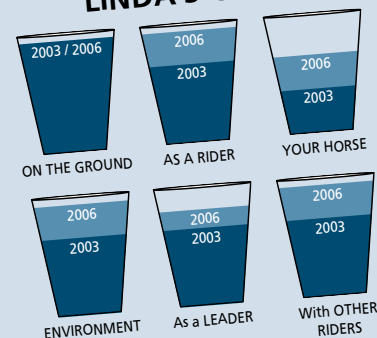
Results: In 2003 and 2004 I got bucked off because I didn't pay attention to Allure's nervousness and loss of confidence when in the company of other horses. Being low in two other areas should have made it very clear to me that I set things up to fail by taking too big a risk. I wish I'd drawn cups for him back then!

In 2006, I can ride Allure amongst other horses as long as I stay at the walk and trot and keep him mentally connected and involved—I can't relax. I can ride all over our property, but going on a trail ride is risky. I would need to be prepared to get off a lot, plus make sure I rode with someone whose horse was solid as a rock. I think it will take another four to six months to bring him and I to the point where we'd be safe on a trail.

ALLURE'S CUPS



LINDA'S CUPS



If you're thinking about going out on a trail ride you need all of the cups to be at the medium to high levels for both of you...

HOW TO BUILD CONFIDENCE

In the horse world, unconfident horses tend to stay unconfident or deteriorate and become more fearful because people don't know how to change this...it goes well beyond what's known about 'training.' I can't tell you how many times we've heard the line "...all of a sudden for no reason at all, my horse started having trouble with _____." Just fill in the blank! The reason was always there, a lack of self-confidence which got worse the more the horse was asked to do.

In the rider's world, unconfidence also tends to escalate into fear because confident riders just don't know what it's like to be there. So when they try to teach/help others they apply strategies that work for confident people... "Cowboy up! Don't get off, the horse will think he's won! When you fall off, get right back on! The more you do it, the better it will feel." Baloney...for unconfident riders!

It's interesting to note people tend to apply what works for themselves to other people and to their horses. The strategies for building confidence are similar for horse and human, so if you are an unconfident rider don't expect to feel empowered by someone who is confident...you'll probably feel stupid, inept, weak and like a failure! Unfortunately that's not how they want you to feel, they're really trying to help. Same thing with the horse.

When I began teaching the Parelli method in 1991, most of our students were quite confident and I was confident, so it was a good match. But as the years went on and we began to attract more and more horse lovers who were inexperienced or innately unconfident and had finally achieved their life long dream of owning a horse, a different teaching responsibility arrived. I started to encounter more and more inexperienced students who were confident in their home and business lives, but when it came to getting on these huge, powerful, magical beasts called horses, it spelled unconfident with a capital U...and FEAR in capital letters.

In the horse world the "F" word is usually really bad. How can you admit FEAR to people who seem like confident, athletic riders when they are also the people you aspire to be? And guess what, bravado doesn't work for long. While I thought I understood this, it wasn't until one of my mentors in education, Dr. Stephanie Burns, decided to study our program that I realized the areas we weren't helping. She pointed out just how much we didn't understand about many of our students. Despite our good intentions, until you've lived in that skin you really don't get it. Not only did it lead to a better teaching system in our upgraded Level 1 and 2 programs, it helped me re-evaluate how to better understand it from the horse's point of view.

For a horse to develop self-confidence it has to also develop confidence in its leader...

As a result of focusing on the mechanics of fear, and a lack of confidence being the first rung on that ladder, we've developed some very powerful strategies for both horses and students. In this next section we'll look at some strategies* for developing confidence in unconfident/fearful horses.

**Please note that this does not represent every strategy we have, but an effective selection that are easy to apply. To go beyond this you need to come spend time with us at the epicenter. For more information on building confidence in yourself, refer to the article "The Science of Confidence" featured in Savvy Times, October 2005, Issue 9.*



BUILDING OR DESTROYING CONFIDENCE IN YOUR HORSE

1. SELF-Confidence

In order to survive, a horse's first response needs to be 'fly from fear'. For a horse to develop self-confidence it has to also develop confidence in its leader, and reading the next point will actually improve your understanding of this one. So given that you will read the next one and apply it too, here are some strategies:

Build Confidence by...

- ✓ Observing thresholds where horses show reluctance or evasion. Instead of moving forward, wait, retreat and reapproach them until the horse shows interest or curiosity to move forward. Retreat, retreat, retreat!
- ✓ Not rushing, waiting for it to be the horse's idea. Go slower, be clearer. Give him time to think and make decisions.
- ✓ Shutting down right brained behavior, don't let your horse go there. Get your horse thinking again ASAP.
- ✓ Staying 'On Line' until the horse can put slack in the line.
- ✓ Longer lines (22', 45'). This increases the distance from the human which encourages the horse to venture out.
- ✓ Consistency vs. variety. Introduce change gradually and only when they are confident with what they are now doing. Moving to new things before a horse feels really safe with what he is doing can be devastating so for the unconfident horse, repetition is important. Repeat until the horse relaxes.
- ✓ Being a confident leader.

Destroy Confidence by...

- ✗ Rushing or pushing through thresholds. When the horse hesitates, you force them on.
- ✗ Not listening to the horse, discounting his feelings or perceptions.
- ✗ Staying on a 12-foot Line, thinking that micromanaging him will prevent problems.

- ✗ Going to liberty too soon. Staying On Line is the equivalent of holding a child's hand and feeling that little extra bit of safety.
- ✗ Variety, getting creative.
- ✗ Unconfident/scared leader.

2. Confidence in the LEADER

Leadership is hugely important, so examining what kind of leader you are for your horse is essential. Do you understand your horse's nature? Are you confident? Do you have a plan? Do you think about your horse's feelings? Do you listen to what your horse is trying to tell you? Are you willing to adjust as necessary?

Build Confidence by...

- ✓ Knowing what kind of horse you have: confident/unconfident
- ✓ Knowing what makes your horse feel safe and knowing when to retreat to those places or activities, not pushing them over thresholds that make them feel unsafe, unconfident.
- ✓ You stay within the boundaries that define your own self-confidence: ex. do only what you know how to do and in the places you know how to do this.
- ✓ You have a plan of what you are going to do with your horse, something more than just "I'm going to ride," or "I'm going to play on the ground." You can be more specific about where you want to go and what you want to do. This allows you to plan what it is your horse will need as preparation, knowing your horse's nature.
- ✓ You are willing to adjust to the situation. If suddenly your horse has trouble or things are not working, you are willing to change your plan and retreat to what makes your horse feel safe without feeling emotional about it...emotions like failure, frustration, etc. Good leaders do not go there!
- ✓ Hanging out with your horse, not always having an agenda...some undemanding time with your horse can really enhance the relationship and level of trust.

Destroy Confidence by...

- ✗ Not knowing the nature of your horse.
- ✗ Knowing that your horse is unconfident and not caring about it, pushing/forcing him to do it anyway.

- ✗ Doing things that you personally are not ready for. You need to have a confident horse to do this, which is the principle of the 'school horse'.
- ✗ No plan, therefore an inability to think about how it might affect your horse and taking steps to prepare the horse adequately for the task.
- ✗ Being humble enough to do whatever it takes to regain the confidence of your follower...your horse. Refer to #1.
- ✗ Remember, our thoughts are electro-chemical impulses and horses pick that up, they are sensitive to energy changes to the slightest degree.

3. Confidence in the ENVIRONMENT

Horses need to have a place where they feel safe. In the beginning, this is their mother. After that it is their herd, and then it is their territory. Living in the domestic world with us presents two prominent areas of safety: the herd/their friends, and their stable/pasture. Removing a horse from these can result in extremely difficult reactions and unless they believe in you as their leader, can be very dangerous for the two of you.

Build Confidence by...

- ✓ Not blaming them.
- ✓ Retreating as often as necessary. Once they realize you're not going to force them past where they feel confident, they'll feel more confident in you as their leader. If you do push them beyond those thresholds, they'll lose confidence in you, much as you would if someone scared you every time you went out with them.
- ✓ Paying no attention to what the horse spooks at. Keep focused firmly ahead and help guide your horse that way, even if it means he drifts sideways for a bit. The worst thing you can do is look at what he's spooking at or he will think it's something his leader is concerned about too.

Destroy Confidence by...

- ✗ Taking them away from their friends/herd when they like them better than you.
- ✗ Taking them away from the environment they feel safe in, ignoring their thresholds at 5 foot, 20 foot, ½ mile, 1 mile, etc. Some horses feel unsafe the moment they leave their pen or their friend.
- ✗ Being interested in what your horse spooked at.
- ✗ Making the horse go up and sniff something he's scared of.



4. Confidence as a LEARNER

What many of us don't realize is that whenever we are asking a horse to do something they don't know how to do, they are our student. It is our responsibility to teach them to understand what we want and to take care of their emotions in the process. Have you ever been ridiculed by a teacher or leader? Have you ever been made to feel dumb or inadequate? Have you ever been forced to do something you didn't want to do? Think of this when you're asking your horse to do something new...is he resisting you because he doesn't understand, because he's scared or because he doesn't respect your leadership?



Build Confidence by...

- ✓ Petting your horse no matter what...whether he's wrong or right (in your eyes). Remember...horses are like computers. They never do what you want but they always do what you tell them to, or what they are programmed (as prey animals) to do.
- ✓ Planning what it is you want to do, identifying what the ingredients are and focusing on getting the ingredients right...not the ultimate task. Do you know the ingredients/steps of what you are trying to do?
- ✓ Confidence is everything. Above all, put confidence first...confidence in you and self-confidence for the horse.

The more savvy you have, the more you'll automatically do all the things that build your horse's confidence.

Destroy Confidence by...

- ✗ Punishing or criticizing your horse when he doesn't do what you thought you asked him to do.
- ✗ Asking him to do something without the right preparation. The first steps of which involve confidence in you and in himself. The next steps which involve knowing the ingredients or steps that lead to that thing.

- ✗ Asking him to do what you know he can't. That presumes you know what he can't do...and if you don't, then be willing to back off quickly and take the blame/responsibility for it. Pet him and go back to something you both know how to do.

5. Confidence among OTHER HORSES

Being emotional creatures and herd dependent, other horses have enormous effects on their behavior unless they see you as more influential. Can you be more important to them than anything else that's going on? Do they buy into the herd's feelings and focus, or yours? And on the other end of the spectrum, does your horse quickly bond with other horses and have trouble leaving them?

Build Confidence by...

- ✓ Focusing on what it is you want to do vs. what the horse is focusing on.
- ✓ Using other horses as an obstacle or as a safe place. In this way you can work the thresholds by moving further away and back again.
- ✓ Having friends help your horse be less affected. Have them ride slowly along as you circle them, move closer and away. Then have them ride past you, from the front and from the back...and you ride past them, from the front and the back. You don't need your horse to meet the other horses, you just need to learn how to keep his attention.
- ✓ Get off as often as necessary, and even consider starting on a 22-foot Line and asking your horse to do tasks with an obstacle to focus his mind.
- ✓ Give your horse a job or a task when riding...put his feet on something, back through an L, circle a barrel, etc. If you just ride along and talk before you have your horse mentally calm and connected with you, your horse's behavior is likely to get worse.

Destroy Confidence by...

- ✗ Getting tense and worrying about your horse's behavior.
- ✗ Holding your horse back and wrestling with him instead of getting off and refocusing his energy.
- ✗ Ignoring your horse's separation anxiety instead of applying the theory of thresholds to move more confidently away from his buddy...move away and come back, move away and come back, little by little, increasing the distance as you feel the horse's thresholds diminish.

In closing, everything you do with your horse, every day, either builds or destroys his confidence in each of the important areas. The more savvy you have, the more you'll automatically do all the things that build your horse's confidence. And that is the secret of safe, fun and mutually rewarding experiences with your horse! 🐾

NEXT ISSUE: *"Help...My Left Brained Horse Is Smarter Than Me"*



by Kaffa Martignier



Coltstarting

It's about teaching horses!

WHAT IS COLTSTARTING?

"Coltstarting" is the process of beginning a horse's riding or driving education. It involves the first, formative experiences of the saddle, rider or driver, trailering, preparation for the farrier, dentist, vet and so on... All the things a horse will experience during a lifetime in the human environment.

Coltstarting is a specialized, highly skilled discipline. For a student who has graduated Level 3 of the Parelli Program, Coltstarting is an optional part of the study of Level 4. For a Parelli Professional, it's an important part of their ongoing training.

The most important distinction to make is that Levels 1 to 3 of the Parelli Program are for teaching people; Coltstarting is teaching horses.

A PARTNERSHIP FOR LIFE

The horse learns what he lives, and he lives what he learns. The programming that started the moment he was born continues



with his early experiences with people. These lessons, good or bad, will stay in his emotions, in his programmed responses, if not in his conscious memory.

You get only one chance to make a first impression—when you imprint a newborn foal, when you walk into the round yard with an untouched three-year-old,

when you settle into the saddle for his first ride, when you lead him up for his first experience with the vet or the farrier.

We're working on the finish when we start. We are cause; our results are effect. The effect our actions and interactions have on this horse may show now, and they may not show until later. The Parelli philosophy is "starting and developing" not "breaking and training." We are starting a relationship, with the goal of developing a partnership—for life.

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HOW THE DREAM CAN BECOME A NIGHTMARE

Done right, Coltstarting looks deceptively simple. The trouble starts when someone who should be focused on raising their own skills, decides they are ready to teach a horse. People don't know what they don't know. They've watched someone who made it look easy, but they don't realize that they didn't comprehend what they saw.

We humans have come far from natural. Common sense is becoming very uncommon. Think about it: "Warning. The escalator is about to end." There is too much concrete in the world, insulating us from developing mental, emotional and physical fitness; too many escalator warnings, saving us from our own lack of feel, timing, balance and judgment. In an endeavor like Coltstarting the consequences of being unfit can be deadly.

PARTNER OR PREY ANIMAL...

When the horse asks for guidance in the moment and you miss it, he'll say, "You don't have the answers when I need them, but Mother Nature does." He stops listening to you and starts listening to Mother Nature—and then it may all be over before you even realized it had started.

When the horse asks for guidance in the moment and you miss it, he'll say, "You don't have the answers when I need them, but Mother Nature does."

The horse is a prey animal—keenly perceptive to danger, bonded to his herd and fleeing mindlessly from fear. Most people have no idea what it feels like to be a prey animal—so they have no idea until it's too late, how extreme the reaction of their prey animal may be. Perceptive to danger can become perceptive to communication; bonded to the herd can become bonded to the human; flight from fear can become impulsion—but only if you have the necessary savvy.



Part of the art is to be able to take a green colt for whom go is equal to whoa, and keep it that way. Every impulsive or lazy horse, every horse that bursts through or leans against pressure, was once a perfect foal who knew how to do transitions that were equal and weightless—until we interfered with him.

Too often, by the 5th or the 20th ride the horse has forgotten how to do balanced transitions. And, too often, in a human environment full of compelling stimuli, he has not been taught how to be in control of his own emotions.

You have a choice as his leader to help him develop so he is able to act like a partner, not a prey animal. That means you have a responsibility, if you want to ride young horses, to develop *yourself first* into the kind leader capable of that.

THE HORSE INDUSTRY TODAY

Pat often says that if a dog trainer, dolphin trainer and horse trainer were assessed by a board of behavioral scientists, the horse trainer would be the one with the least scientific basis for his methods. In the horse industry, methods are based more on mythology than science; more on emotion than logic.

The reason for the *mythology* is that horse training dates back to the dark ages where the horse's primary uses were transportation and warfare. Horse training in some ways has changed very little since then. Today, we use animals for recreation, companionship, and in the case of wildlife parks and zoos, education and conservation. With these intentions, more recent animal training industries have used emerging behavioral sciences to develop their methods.

The reason for the *emotion* is that 80% of horse owners today are recreational. They get into horses for emotional, not logical, reasons. The majority of horse owners in the 21st century don't

plough fields, carry packs through mountains, ride to war, haul timber, deliver the mail or move herds of livestock across vast, hostile landscapes.

Mythology and emotion are among the reasons why every day in the USA, someone is hurt or killed in an accident with a horse. Ignorance and subjectivity add up to complete lack of judgment.

PAT'S VISION OF A

PRINCIPLED INDUSTRY

Parelli Natural Horsemanship is criticized for having taken the mystic out and put horsemanship into a logical formula that ordinary folks can follow—so long as they are matched with the right horse and follow a few basic principles.

For 25 years Pat has held firm to a vision of a principled industry with standards and values based on science, logic and common sense, rather than emotion and outdated military thinking.

PRINCIPLES, GOALS AND TIME LINES...

The Parelli Program is founded on eight Principles of Natural Horsemanship that Pat developed for his first seminar a quarter of a century ago and still teaches today. Principle Number 7 states that for safety and success it's essential that horses and humans are matched appropriately. As a Parelli Instructor, I believe if this one principle *alone* were followed, I'd probably be out of a job. *Principles* guide us in what attitude, tools and techniques we would use, and what we would not use. The *goal* is decided by the trainer, or the person paying the trainer.

The **timeline** is up to the horse—to be successful the timeline must honor the horse's nature and meet his developmental needs.

When ego, emotions or poor judgment get into the mix, goals get ahead of principles, timelines get distorted, and the result, at best, is mediocrity. At worst, someone gets into an unsafe situation with a horse whose early development has been compromised.

WHAT IF...?

If you're lucky, you've seen an unhandled colt begin to learn to follow a feel in the hands of a master horseman. What if it stayed

this light, this trusting, throughout the process? Then start and finish would be indivisible, and the journey of horsemanship—a horse and a human going somewhere willingly together—would be all that matters. 🐾

You have a choice as his leader to help him develop so he is able to act like a partner, not a prey animal.

This summer in Colorado and next winter in Florida, the Parelli Centers will hold Horsemanship Development Courses majoring in Coltstarting as part of the University Modules. University Modules are open to:

- Students who have attained Level 3 AND have attended a 6 week Course cycle previously
- Current Parelli Professionals who have attended the 6 week Course cycle previously OR have current Coltstart Star Rating.

For more information, visit www.parelli.com or email professionals@parelli.com.

To find a Parelli Endorsed Young Horse Specialist who could help you with your young horse, visit www.parelli.com and browse the listings of Professionals.



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—Linda Parelli

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Blast from the Past

We'd like to take a moment to bring you a blast from the past! This article by Linda Paterson (who you now know as Linda Parelli!) was published in the first magazine Parelli ever produced, "The Natural Horseman" Volume 1, Issue 1, April/May/June 1995.



What Do You Mean...

My Horse Is My Mirror?!

It's funny. I never really noticed that all four horses I've owned had the same problem...they were highly excitable and were prone to run off with me. All I could think was, "Why do I keep choosing this type of horse?" I know, now, that it was no accident. My horses were trying to teach me something—if only I could be humble enough to listen. I finally did, and here is my story about learning to take responsibility.

Somehow, I enjoyed having horses that were difficult to handle. There was something exciting about 1200 pounds of spirited horse flesh that pranced and snorted under me. Over the years, I won competitions in jumping, cross-country, and gymkhana events where I would bravely steer these missiles.

My biceps were impressive. A masseuse once asked me if I lifted weights! I was proud of my strength. Little did I know that I was being strong in the wrong places as far as horses were concerned.

Everything was okay until I decided to try dressage. When it was time to ask my horses to concentrate and be in harmony with me, things began to fall apart.

"Get a different bit." "Try draw reins." "Lunge him in a Chambon." "What about this martingale, or that one?" "Tie his mouth shut so he can't avoid the bit."

I took all the advice. I tried all of these things. I could keep my horses' mouths closed, their heads in and down so that they worked in the correct outline. But, my horses weren't happy.

One of them, Regalo, got worse. The more I tried to force him to comply, the more explosive he became. The other, Siren, became more

and more dull. It was as if his exuberance and natural charisma were being drilled out of him. However, I started to win competitions with him!

As the months passed by and Regalo's problems became worse, I began to hear, "It's not you, it's the horse. He's a man's horse." I was told that the fact we weren't progressing wasn't my fault, nor was it caused by a lack of trying on my part.

I was faced with a decision: sell him, retire him (as an eight year old!), or send him to a trainer. Well, in my mind, a trainer was out of the question. I had seen what happened to disobedient horses that my friends sent to be "remouthed," or "sorted out." I was not going to put my horse through that kind of torture.

It was just when I thought all the doors were closed, that a new one appeared in a most unlikely setting.

I saw a video of Pat Parelli spinning, galloping, doing lead changes, and sliding to a stop...all without a bridle. I had never seen anything like it. I was triply impressed because I knew what would happen to me if I took the bridle off one of my horses!

Never mind that this man wore a cowboy hat, I had to find out more. I truly believed that he might have the answer for me and Regalo.

It is unfortunate that I had to get desperate before I really started to search for the truth. Had I not had serious problems with one of my horses, I probably never would have looked into Natural Horsemanship. It was too far removed from dressage and my goals...or so I thought.

I arrived well prepared for the clinic with Pat Parelli. I even had a list of everything that was wrong with my horse so I could be sure to have every problem answered.

But, nothing prepared me for the truth.

In the first ten minutes, I learned that my horse was just being a horse (a prey animal) and that **I** was the problem. Of course Pat didn't directly point the finger, but when he started to speak some truths about people thinking and behaving like people around horses, I saw every little thing I was doing to cause my horses to respond or react negatively.

To be honest, though the information was exciting, it was also a little hard to take. **I** was causing my horses to run off with me. **I** was useless at communicating with my horses. **I** didn't know enough about horses to correct this, yet **I** was winning competitions!

I never thought that there was anything wrong with me if one of my horses dragged me while I was leading him, or if he couldn't stand still to be groomed...saddled...mounted, or if he wouldn't get into a trailer. Boy, did I learn a lot.

Now that I was finally confronted with the truth, my lessons in responsibility began.

LESSON NUMBER 1: LOOK FIRST INTO MYSELF.

Attitudinally, I had to shift. First, I needed to learn to take my horses' perspective and see things from their point of view. What did I look like when I came to get them out of the pasture? How did I prepare them to be saddled? Did I really prepare them at all? What were our rides like for the horses? Did they feel positively stimulated by the experience?

Dealing with this new found responsibility was difficult. It never occurred to me that maybe my horses weren't having such a good time. Then there came the question of "How?" How do I do the right thing by my horses?

The answer, I found out, was by learning to think like a horse myself. To do this I needed to learn about their psychology...why they

do what they do. I had to learn about communicating the way horses communicate: to use body language; to understand that horses are motivated by comfort (not praise).

I needed to realize that horses are playful animals and they need things that stimulate their minds—not just physical work. I learned to play games with my horses. I began to give them tasks that would help them think; that were mentally and emotionally stimulating; and that would help them to become braver. I started to send them over, under, and through obstacles that normally would have terrified them!

Once I became less strict and less critical of my horses' performance, they became less tense, and more positive. They actually enjoyed their time with me. They'd even come to meet me at the fence for a change!

LESSON NUMBER 2: BLAME NOT THE HORSE.

I guess learning not to blame the horse was the hardest part. I had to un-learn all the labels that I had been taught to describe horses. I had to quit categorizing them as: puller, rearer, buck, bolter, etc. I said to myself, "If a horse doesn't do any of these things when I'm not around, maybe I need to take some responsibility for those actions.—Hmmm." It's a difficult thought to accept.

I once learned at a seminar (that was not horsey at all) that if you are not part of the solution, you are probably part of the problem. I finally had to admit that this was true with me and my horses. I could no longer blame my horses. While I was busy taking advice about better bits and

martingales, I was missing out on the opportunity to gain knowledge.

In order to become part of the solution, I had to understand why my horses would behave in these undesirable ways. Horses are incredibly sensitive creatures. Their first defense is to run away. Their second is to stand and fight. Fear, frustration, and confusion all produce



Lesson Number 3: Get a grip on myself!

I had to learn how to stay mentally, emotionally, and physically calm no matter what. I had to prove to my horses that I wasn't going to get right, mean, or mad with them. I was finally understanding that their so-called misbehaviors were only their defense mechanisms. They only made them because they were scared or confused and frustrated by my inability to understand them, and to effectively communicate what I wanted.

I also had to be able to correct them if they were disrespectful, without them thinking I was being mean. It's an art—this learning to become a Horsemanship, naturally.

I found that the more knowledge I gained on horse psychology, communication techniques, and effective communication tools created

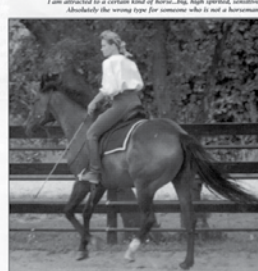
of artificial aids, the more confidence I gained. I actually started to know what to do when things weren't going right—and I stopped getting right.

I am attracted to a certain kind of horse...big, high spirited, sensitive. Absolutely the wrong type for someone who is not a horseman! But, I just love the problems that I wanted to solve. I would never have looked outside the dressage arena, and I certainly wouldn't have thought about becoming a Horsemanship. I didn't know I wasn't. For this, I am thankful to my horses. They helped me open my mind. They helped me transcend myself. Who would have thought that some of my most valuable lessons in self-development would come from my horses?

And, I am indebted to the man who led me to the truth, Pat Parelli. Not that I've given up dressage—I haven't! I've just changed my approach. I do it naturally now, using lateral strategies and tasks that develop harmony and refinement so that whatever task I'm happily granted...flying changes, half passes, schooling trails...all at their own pace or less. And, it's fun for both me and my horses!

So, if you want to know how well I'm doing, just look at my horses. They'll tell you. Because they are my mirror. They'll show you how well I am managing myself these days, and how well I'm doing on my journey to become a Natural Horsemanship. Linda Patterson has been a student of Parelli for 15 years. She has attended Level 1, and is certified as both a Parelli Private and Course Instructor.

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Linda and Siren

I needed to realize that horses are playful animals and they need things that stimulate their minds—not just physical work. I learned to play games with my horses. I began to give them tasks that would help them think; that were mentally and emotionally stimulating; and that would help them to become braver. I started to send them over, under, and through obstacles that normally would have terrified them!



When Linda wrote this article she had been a student of Parelli for 5 years. She had attained Level 3, and was certified as a Parelli Instructor and Course Instructor. Today, Linda is a Level 4, 5-Star Parelli Professional, as well as the Director of Education and Faculty Development at the Parelli Centers.

the same response in the horse. I saw for the first time that my horses weren't being bad...they were confused and frustrated.

I found That I was not clear in my communication. I didn't even use the right "language" for a horse. I just used a series of kicks and pulls on the reins. My hands and legs could help to direct my horses, but the horses didn't understand when I used the reins to stop because my body was still telling them to go. My body never stopped riding.

The truth is that I never believed my horses were going to stop. My seat was continually tight! Inside of me was this anticipation of the horse running off if given half a chance, so my emotions were continually engaged—and so was my rear. I had to learn how to slouch...how to exaggerate my body language to have no life in it. Do you know how hard it is to teach a dressage rider to slouch?!

On the other end of the spectrum, if my horses were pulling back, it was my fault for not helping them to get over their claustrophobic tendencies and teaching them to yield to pressure instead of opposing it.

In not one of the riding lessons I'd taken since the age of nine did I learn how to do this. I learned it from a cowboy named Pat Parelli, a Natural Horseman.

LESSON NUMBER 3: GET A GRIP ON MYSELF!

I had to learn how to stay mentally, emotionally, and physically calm no matter what. I had to prove to my horses that I wasn't going to get tight, mean, or mad with them. I was finally understanding that their so-called misbehaviors were only their defense mechanisms. They only misbehaved because they were scared or confused and frustrated by my inability to understand them, and to effectively communicate what I wanted.

I also had to be able to correct them if they were disrespectful, without them thinking I was being mean. It's an art—this learning to become a Horseman, naturally.

I found that the more knowledge I gained on horse psychology, communication techniques, and communication tools (instead of artificial aids), the more confidence I gained. I actually started to know what to do when things weren't going right...and I stopped getting tight.



I am attracted to a certain kind of horse...big high spirited, sensitive. Absolutely the wrong type for someone who is not a horseman! But, had I not been confronted with the problems that I wanted to solve, I would never have looked outside the dressage arena, and I certainly wouldn't have thought about becoming a Horseman. I didn't know I wasn't.

For this, I am thankful to my horses. They helped me open my mind. They helped me transcend that English-Western barrier. They taught me a lot about myself. Who would have thought that some of my most valuable lessons in self-development would come from my horses? And, I am indebted to the man who led me to the truth, Pat Parelli.

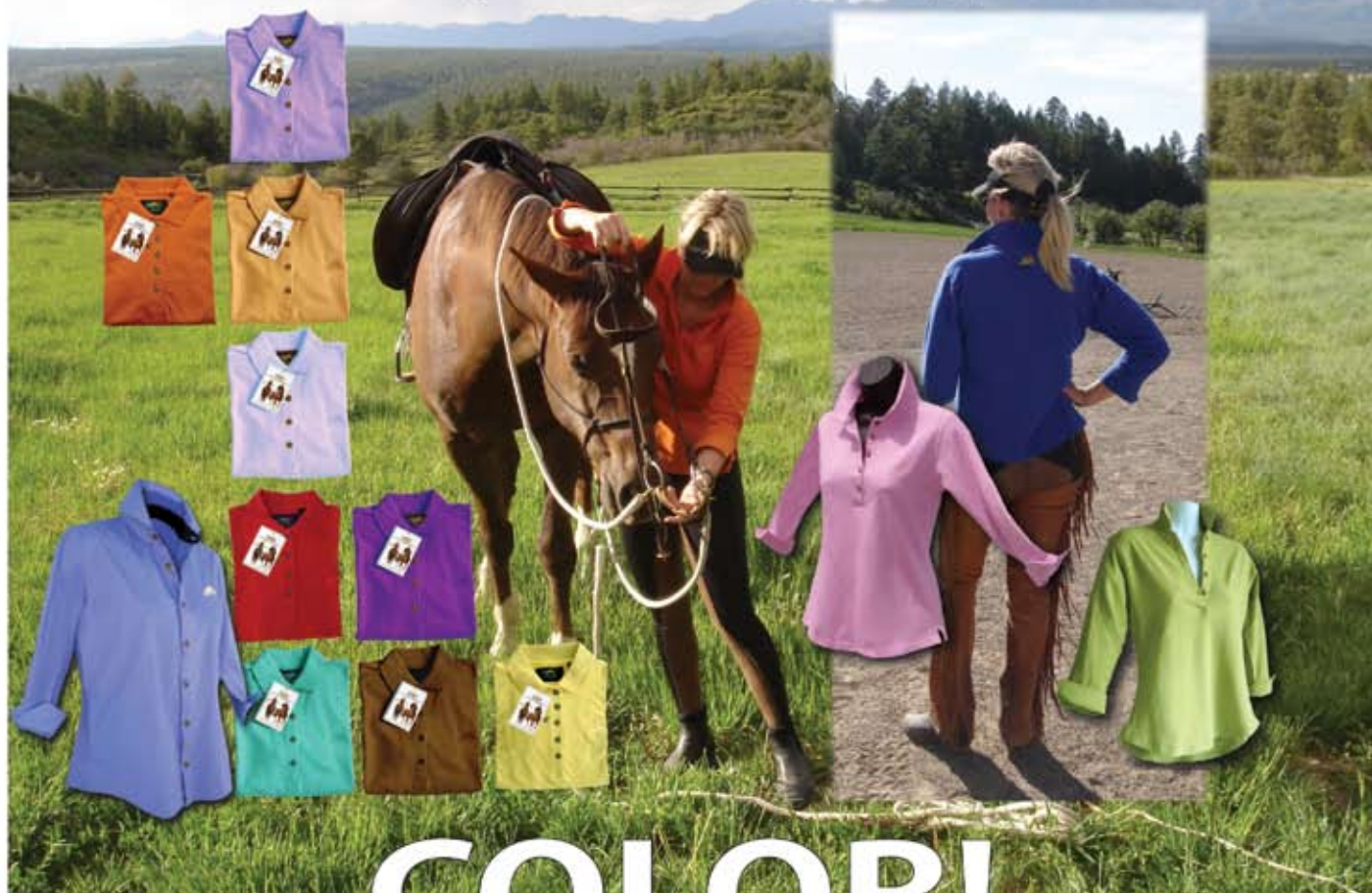
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So, if you want to know how well I'm doing, just look at my horses. They'll tell you. Because they are my mirror. They'll show you how well I am managing myself these days, and how well I'm doing on my journey to become a Natural Horseman. 🐾



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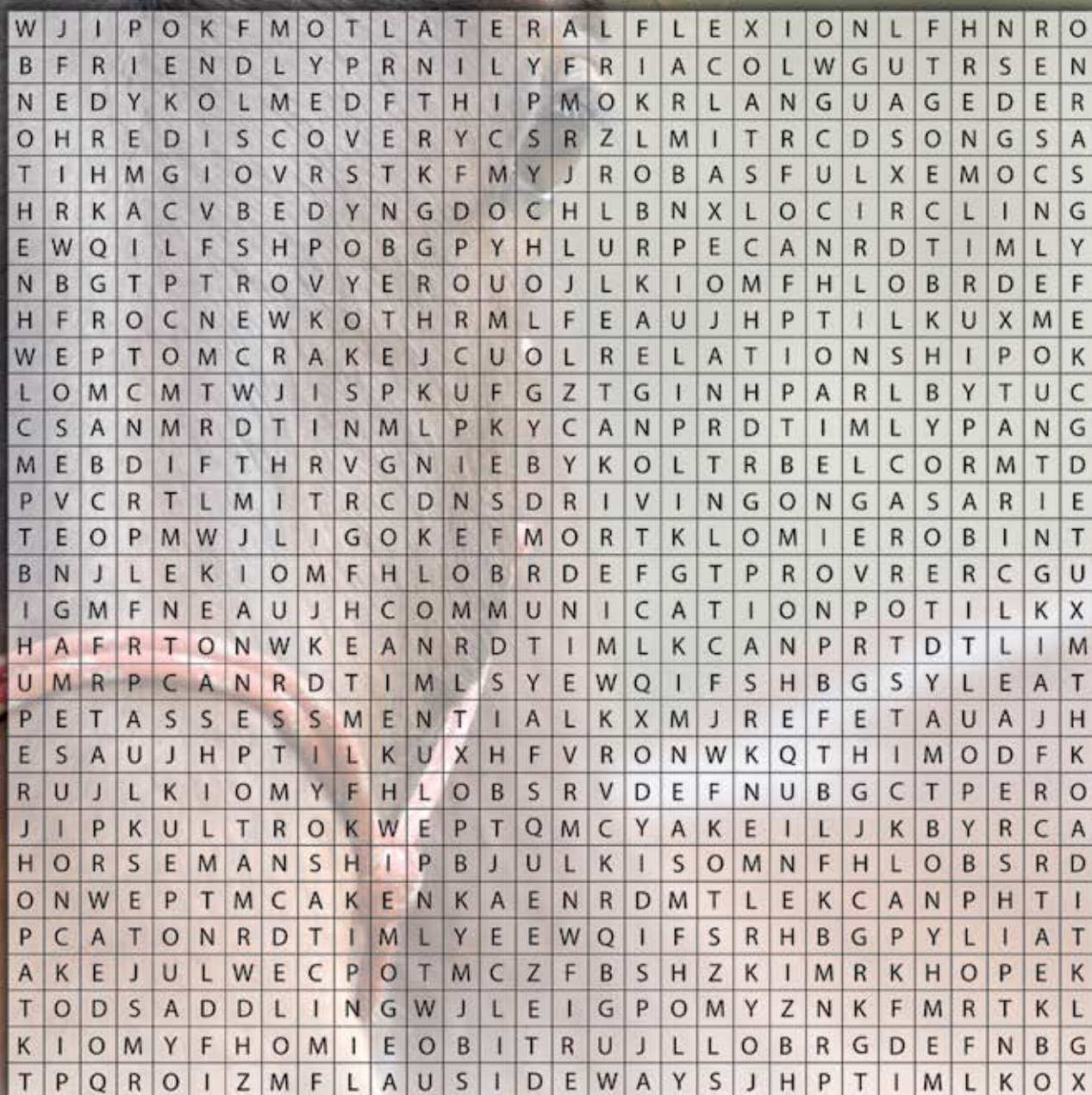
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SAVVY Word Search

Answers can be
found on page 9.



Find the following words hidden in the
Word Search above. The words may be
horizontal, vertical or diagonal!

1. DISCOVERY
2. COMMITMENT
3. RELATIONSHIP
4. EQUINE
5. PSYCHOLOGY
6. HORSEMANSHIP
7. COMMUNICATION

8. CARROT STICK
9. SAVVY STRING
10. LANGUAGE
11. SEVEN GAMES
12. HALTERING
13. LEADERSHIP
14. SADDLING
15. FRIENDLY
16. PORCUPINE

17. DRIVING
18. YOYO
19. ZONE
20. CIRCLING
21. SIDEWAYS
22. SQUEEZE
23. LATERAL FLEXION
24. MOUNTING
25. ASSESSMENT



Use the space below to practice your drawing skills by trying to draw this picture of Scamp and Smart Seven!



A PRACTICAL APPLICATION OF THE SEVEN GAMES IN LAW ENFORCEMENT

By Deputy Ken Shefveland with Detective Barb Taylor

HORSES IN LAW ENFORCEMENT

Recently more law enforcement agencies have been adding mounted units to their service offerings. Whether they are used for riot control, park patrol, special event support, or extended community policing, the use of horses in law enforcement continues to gain acceptance nation-wide as a critical policing tool.

Like police K-9's, Police Horses have some very unique abilities that if developed can make them excellent partners in crime management. Among these traits are their incredible sense of sight, smell, and hearing—arguably equal to that of their K-9 colleagues. Add to that their awesome memory (horses always seem to know if something has changed) and their height and weight advantage.

Mounted officers have the opportunity to help a prey animal overcome its instincts to panic and run in the face of danger. Did I mention that the activities to reach that level of trust, confidence, and courage as well as the bonding process is a whole lot of fun? Certainly no less difficult, but always rewarding is the learning process for the riders. Here has been one of our greatest challenges, i.e. training our riders to be good partners, too.

photo courtesy of Barbara Walker



Break Time at the NASCAR Races: Deputy Glen Bergstrom looks on as Police Horse Deputy Slick chats with K-9 Deputy Rex and Police Horse Deputy Wynona grabs a quick nap.

A FOUNDATION OF CONFIDENCE AND TRUST—PANIC IS NOT AN OPTION!

Our team discovered early on that a critical factor in successfully preparing our horses and their human partners was to build confident and trusting partnerships between the horses and deputies. While we received our initial training from an agency that used a natural horsemanship approach, we struggled with establishing a repeatable, proven methodology for use with our team. As we unsuccessfully experimented with different techniques, serendipity stepped into the void in the form of my wife Linda, who coincidentally had attended a Parelli Tour event in Puyallup, Washington. The rest, as they say, is history.

The Parelli Level 1 program with its focus on safety has become the foundation of our training program. The concepts taught in the "Safe" program are the basis of the bonding process between the horses and their human partners. Building on this, our teams of human and equine partners are now more capable of staying focused on the business at hand in spite of the challenges presented.

In the mounted patrol world, every day is a training day to our horses. How we engage our horses in any situation is critical to the success of our mission. We have learned that treating every challenge as a game and providing constant, positive reinforcement has been our freeway to success. This success is critical towards achieving three major goals: to serve and protect our community, to grow and strengthen the partnership with our horses, and to go home safely each day to our families.

THE SQUEEZE GAME—A PRACTICAL APPLICATION

A practical example of the "Squeeze Game" presented itself to us on a recent patrol. It was late in the afternoon and we were preparing to make our last loop of the west business district. I was riding my horse, Police Horse Deputy Slick, and my partner, Detective Barb Taylor, was riding her equine partner, Police Horse Deputy Wynona. As we walked westbound on the main thoroughfare a very noisy, smoky, and overall poorly maintained diesel powered car passed us. We noted that the driver was not wearing a seat belt and his brake lights appeared to be inoperative when he began stopping.

Catching up to the vehicle, Slick and I directed the driver to pull into an adjacent empty parking lot. Meanwhile, Detective Taylor and Wynona stopped the oncoming traffic to allow the car to exit the roadway.

A traffic stop is one of the most dangerous activities that a police officer does during a patrol shift. Therefore, it is important that we take care to protect ourselves as we have no idea who or what we may be confronting when we approach the vehicle. Things soon grew interesting (and amusing) from a "Squeeze Game" perspective.

The car pulled into the large, empty lot and the driver maneuvered it next to one of the buildings adjacent to the parking area—stopping with less than four feet from the driver's door to the wall with a three foot roof over a sidewalk. As Detective Taylor and Wynona took a position on the right side of the vehicle to provide back-up, Slick and I approached the driver's side "squeezing" into the narrow area between the car and the wall and under the low overhang. Once we were standing near the driver's door, I tapped on the driver's window. Perhaps he thought he was seeing things as he was a bit slow to

acknowledge our presence. Hmm, I guess a cop riding an 1100-pound Palomino and standing next to his car door was easy to miss!

While I focused on contacting the driver, it was left to Deputy Slick to calmly but alertly stand between the building and the noisy, stinky car and patiently wait while I discussed the reasons for the traffic stop. Meanwhile, Detective Taylor with Deputy Wynona took up a position on the passenger side of the vehicle, focusing on the driver of the car as well as the surrounding area, ensuring that Slick and I were not stepping into harms way and if we were, prepared to engage that threat to protect us.

As with any prey animal, Wynona was very much aware of the amplified noise and smelly exhaust of the car as well as the hustle and bustle of the traffic passing on the road directly behind her, but her "Squeeze Game" training and trust in Detective Taylor were foremost in her mind. Alert for any sign of trouble, but confident and quiet, Wynona stood her ground as her partner focused on the potentially delicate and dangerous situation.

Once we had obtained the driver's paperwork, Deputy Slick and I retreated to the rear of the vehicle while a records check was made of the driver and car. Upon determining there were no outstanding warrants on the driver or related issues with the car, we again maneuvered back into the tight space, onto the sidewalk, and under the overhang. After returning the paperwork to the driver and providing him a verbal "reminder" to wear his seat belt and get his brake lights fixed, I again asked Slick to back out of the confined space to the rear of the car where we joined up with Detective Taylor and Wynona. The car pulled away with the driver safely seat belted behind the wheel and no doubt pleased at not receiving a ticket.

Clearing the incident, Detective Taylor and I began looking for yet another opportunity to "play" one of the Seven Games. Meanwhile, Slick and Wynona stepped out in eager anticipation (while shooting a quick glance at a citizen's green lawn, which likely appeared to them to be in need of a healthy trim). Thus, we completed our day's patrol without incident. At the same time we fulfilled our goals returning home safely to our families. 🐾

photo courtesy of Barbara Walker



Deputy Ken Shefreland and his Police Horse Deputy Slick along with Detective Barb Taylor and her Police Horse Deputy Wynona are members of the Snohomish County Sheriff's Office Mounted Patrol Unit located in Everett, Washington (USA). They are all currently working towards their Parelli Level 2.

Introducing the New Meridian Building Series



www.coverall.net • 1-800-268-3768

A PARELLI PREFERRED PRODUCT

Cover-All Building Systems, the leading manufacturer of steel-frame fabric-membrane buildings, is launching a new building design that boasts a cleaner exterior design, a unique shape and a lower roof line in sizes from 30 feet to 70 feet wide and to any length.

The Cover-All® Meridian™ Building series is a hybrid between the TITAN® and Legend® building designs—two of the products that Cover-All is renowned for. The exterior shape of the building follows a traditional building shape with a one piece outer fabric-membrane. The outer straight-leg design gives a higher straight wall for improved interior useable space. The building's steel trusses are constructed of rectangular steel tubing using round structural webbing to brace the inner and outer chords providing a strong building that meets all Canadian and USA building codes.

"This design brings the best attributes of our leading buildings together, creating clean exterior lines and maximum useable interior floor space, while still boasting the attributes that make all our buildings so popular like natural light, clear-span space and fast installation," says Nathan Stobbe, CEO and president of Cover-All Building Systems.

The unique properties of Cover-All® buildings' fabric-membrane allow natural light inside the building creating an atmosphere that is like the outdoors and reduces electrical costs. There are no poles or posts for maximum unobtrusive space and a typical building can be installed in weeks.



COVER-ALL, MERIDIAN, LEGEND AND TITAN ARE REGISTERED TRADEMARKS OF COVER-ALL BUILDING SYSTEMS INC

"Principles, Purpose and Time are the Tools of Teaching. When you're LEARNING or TEACHING you need to take ALL THE TIME it takes... and if you take the time it takes, it takes less time."

—Pat Parelli

Become a good puzzle solver by learning how to Isolate, Separate and Recombine. The secret to solving Squeeze Puzzles lies in understanding there is a relationship between the Squeeze Game and the Circling Game.

Remember: When it's fun for your horse it's fun for you!

If you'd like to see "Squeeze Game Puzzles" with Pat Parelli on video, check out Savvy Club March DVD Issue 16.

Before playing with your Squeeze obstacles, check out the three important ingredients (without the obstacles) that make a great Circling Game.

1

How is your Send? Great circles start with a great Send! Remember: "Don't make me pick up the stick." Start with Phase 1 and make sure you go to Phase 4 (TAG!) if necessary. If you treat it like a game, your horse will feel like a winner when he makes sure he doesn't get tagged! Keep your feet still and don't chase your horse—this will keep the game fair.



2

How is your Allow? Your horse needs to maintain gait and direction as his responsibility while you stay relaxed and neutral with your feet still. *Hint: A great Send promotes a great Allow!*



3

How is your Bring Back? Can you lean down and not have to use the stick to ask your horse to disengage off the circle and come back in to you? *Hint: Check out the new Level 1 and 2 programs for more info on how to use Phases and create incentive.*



e



4

Now it's time to turn your circles into a Squeeze. Send your horse out on a circle and casually walk toward the Squeeze obstacle. Let the rope slide through your hands as the horse jumps so it doesn't "jerk" or feel like it's getting in their way.

5

Use your great Bring Back which you practiced without the obstacles to disengage after the Squeeze over the obstacle. Your horse needs to turn, face, and wait. *Hint: The Circling Game brings up the impulsion, the "life" in the horse and the Squeeze Game teaches them to turn, face and think. If you play too many Squeeze Games pretty soon a horse won't want to go anymore (which can be a good thing if you have a "goey" horse).*



6

Use your Yo-Yo Game to back your horse up in readiness for your great Send!



7

Send your horse over the obstacle! Your prior-and-proper-preparation with the Circling Game gives your horse the impulsion he needs to head out over the obstacle. Most people try to sidepass their horse toward the obstacle and then send them over instead of progressing from the circle. In this case, the horse gets too far away and thinks "you can't tag me with that string!" *Hint: Start with the circle in mind!*



PURE PARELLI ON TOP, DOWN UNDER

They say that a journey begins with a single step. I didn't know when I put on my martyr hat and insisted on buying the polo pony that wouldn't, couldn't and didn't—which everyone said was untrainable, impossible and good for nothing but dog meat—where that one step would take me.

by Sophie Love

Five years, another unloved, unwanted, pony later and that meandering, crazy-paved path, has taken the three of us 14,000 miles from the rains of England to the dry plains of Australia. In a time of change, Parelli has been the only constant!

I was first introduced to the Parelli concepts by someone who was trying to sort out the mad, bad, crazy pony. She didn't make any difference to the horse, but she talked a good talk and got me interested, so I had one lesson and invested in my Level 1 pack.

Three months? It took three months before the world's spookiest pony could stand still, let alone get used to the Savvy String whirling around! It took three years before I could catch her on-time, every time, in my time frame, not hers! And we were disheartened right from the start by the idea of Trailer Loading—this was the horse that hated the trailer so much she secretly arranged to have it stolen out of her field so she didn't even have to look at it!

And then life got in the way and we made progress in baby steps until the horse that wouldn't load was flown, with her best friend, to the other side of the world! Progress indeed!

When the dust had finally settled and we all felt like we were somewhere we could call "home," checking in with Parelli Australia was a priority. Only to find that all the Equine Ethology confusion and weirdness that had been



photo courtesy of Sue Shoemark

**AUSTRALIAN SAVVY CLUB
ADMINISTRATOR, ALISON BICKLEY**

bamboozling me in the UK was also prevalent here. (Which just goes to show there's no point running away—your problems follow you wherever you go!)

But there was light at the end of the tunnel—I was informed that Sue Shoemark and Neil Pye were in Australia to open the all new Parelli Office. Thank you, God!

PURE PARELLI

The office is now situated at the Parelli Centre, in Wilton, New South Wales. About an hour from Sydney and three hours from Canberra. Easy to find and what a find! 25 acres to play and practise in—honeycomb, dam, plenty of barrels, jumps, challenges and toys to keep you and your horse occupied for days on end.

I was privileged to be able to watch Australian Helen Topp teaching one of her first clinics in Australia after qualifying as a 3-Star Instructor. Helen has complete integrity and neutrality—she is the most wonderful and natural horseman and inspirational teacher having spent the last four years studying full time with Pat and Linda. Helen passed her Level 3 at age 15, at the time the youngest Level 3 graduate in the world, and has since gone on to take three more horses to Level 3 (the first task in Level 4 is to take at least two more horses to a Level 3 standard.) Watch this space for more about this amazing lady!

On the Sunday night of this intensive Level 2/3 course, Neil and

**SOPHIE
AND HER
HORSE,
BABY**



photo courtesy of Sophie Love



photo courtesy of Sue Shoemark

**NEIL AND SUE AT
PARELLI AUSTRALIA**

Sue sat down with the students in order to shut down the rumor mill about Parelli in Australia and set out the facts, so we could move forward with confidence and clarity.

They explained that four years ago Parelli in Australia and the UK was licensed out, but since the licensee has chosen to evolve in a different direction, the contract was recently terminated. Suffice to say that Parelli has claimed back control over the territories of Australia and UK and is setting up a satellite office in Australia, with all equipment, Savvy Club product and publishing, coming from the USA. So if you want Pure Parelli, that's what you'll get from here on in!

IN THE SADDLE

Venetia Raymond is the Manager of the new Australian office. Like many of us, her love of horses happened by accident, not design. Growing up in Sydney she had no exposure to equus, but freed from the strictures of schooling, aged 21, she escaped to Forster, on the New South Wales central coast, for a holiday and discovered the thrills (and spills!) of trail riding. It was the start of a life-long love affair. Such was her enthusiasm and passion, she was offered a job at this idyllic holiday retreat and stayed for three years, getting a solid grounding in stable management and riding skills.

Determined to further her equine education, Venetia moved to Maitland and an Arab Stud where she soon realized she had the "want to" but not the "know how" to deal with these capricious and headstrong creatures, so she moved back to Sydney where she bought two horses of her own. One was a young, feisty Appaloosa who drove her to find expert help in the guise of a local riding instructor. For six years she spent all her spare time advancing her riding skills and became interested in Dressage—Venetia was fascinated by the skill required to get a horse to move with that level of precision and grace. By this time her equine family had expanded to three (a Trakehner jumped the fence and had his wicked way with the Appaloosa!) and she schooled the latest addition in the classical dance of dressage. They began to compete together, and Venetia became addicted to bettering their performance each time out. But when her arms ached all the time and she had calluses on her fingers, she realized that there had to be a better way—she was carrying her horse around, and they were both becoming more tense and frustrated with every passing day. Where was the FUN? So she stopped. Cold turkey! And she didn't ride again for almost six years.

In 1999 a friend took her to Melbourne's Equitana and she saw Pat in action. It was as if a door had opened and she could finally see a way forward. She came home with all the gear and her Level 1 pack. She was hooked. Luckily she had some great instructors on her doorstep and quickly passed her Level 1 with Tony Lander. Venetia was half way through her Level 2 with Neil Pye when her mare got one of those mysterious paddock injuries that never

went away, and had to be retired. Back to square one! But with a lot more savvy and a lot more fun!

Cougar came into her life as a potential for the riding school. Not only was he way too dangerous for the students, but Venetia liked his style (we know she likes a challenge!) So she badgered the boss to sell him to her, and Neil Pye helped her get this crazy, right brain, bucking bronco into left brain listening and thinking mode. Four years on, watching Venetia and Cougar in harmony—the skill, the understanding, the concentration, the savvy are remarkable—a joy and privilege to witness.



photos courtesy of Venetia Raymond



VENETIA AND COUGAR



(To those of you just starting out on your adventure with Parelli, go and watch someone at Level 2 or 3 playing with their horse—they will inspire you to be the best that you can be—to stop shouting and start listening, to turn your frustration and anger into laughter and tears of joy as you learn to communicate—both finally speaking a language that the other understands.)

"The main task for us in 2006 is to launch the Parelli International Savvy Club in Australia, so we can communicate with students on an on-going basis—inspiring and motivating them to have exceptional relationships with their horses."

Venetia knows what she's talking about. She understands what you will be moving through—emotionally, physically, intellectually—and will help you get where you want to go. Venetia is also a familiar face and voice to almost all Parelli Australia students as she has run the Australian office



REGALO, VENETIA AND SUE

horses. To that end, we will honor the annual subscriptions of people who have been confused by the recent changes, and now find they are subscribed to Equine Ethology's Club. We are also running a series of ads in the horse magazines, detailing the advantages of the REAL Parelli Savvy Club to help students differentiate between the two. Please tell your like-minded friends to contact Parelli and register their details so we can keep in touch with them and keep them abreast of Parelli courses, developments and tours."

And what does the future hold for Parelli Australia?

"By the time you read this Alison Bickley will have joined me here in the office. Alison is working in Level 3, like me, and has made the commitment to move herself and her horse up to Wilton from Albury to help me run the office and be on-call for Savvy Students Australia-wide. Pat and Linda will host a Savvy Conference on March 10 & 11, 2007 in Australia—as soon as the details are confirmed (and as long as we have your contact details!) we will give you all the information!"

Venetia isn't just the caretaker for all us Australian students, she also looks after Sue and Neil's four horses, and Linda's three, including the very special Regalo who led Linda to Pat all those years ago. He's retired now and happy to enjoy his life in pasture at the Centre—so when you go, look out for the grand old man whose tricks have

since 2003—there's not much she doesn't know about Parelli in Australia, so if you're confused, make the call!

Venetia is very excited about the return to Pure Parelli: "the main task for us in 2006 is to launch the Parelli International Savvy Club in Australia, so we can communicate with students on an on-going basis—inspiring and motivating them to have exceptional relationships with their

sparked a great love story, and given those in pursuit of a better understanding of the hearts and minds of equus, a simple path to follow.

Linda is responsible for the wonderful new home study kits—everything you need to revolutionize your relationship with horses for ever more, literally in a box! If you haven't seen them—beg, borrow or buy one! Linda breaks everything down into bite-size chunks and makes it fun, easy and accessible. She really "sets you up for success"—explaining everything with her inimitable wit, and the wisdom of someone who has also been a student of Parelli. All of a sudden the Parelli concepts "click" into place and become achievable. When YOU know what you are doing, where you are heading, what it is supposed to look like and you are trying to achieve, your horse will understand.

For many of us, the path to Parelli begins when we buy that impossible horse, little knowing that we are embarking on a fascinating journey where frustration, rigidity, fear and despair will be transmuted into communication, fluidity, respect and joy. It's like a modern day Pilgrim's Progress...on the road to a seemingly impossible dream—true understand-

I remember the first Savvy Times cover I ever saw with someone riding bareback through the waves and I thought "THAT'S what I want—that's what I dream of."

ing, love and respect between horse and rider. I remember the first Savvy Times cover I ever saw with someone riding bareback through the waves and I thought "THAT'S what I want—that's what I dream of."

Parelli makes the impossible possible and the miraculous mundane. It gives us the tools to make those dreams come true. It doesn't matter if it takes a lifetime, we'll get there one day and meantime I am learning that it's great to have a goal, but enjoy the JOURNEY—one step at a time. 🐾

LINDA AND PAT ARE EXCITED
TO BE HEADING DOWN UNDER!

SEE THEM LIVE
MARCH 10 & 11, 2007, AT
THE SYDNEY INTERNATIONAL
EQUESTRIAN CENTER



2006 CONFERENCE

Celebrating ten years of Savvy!

September 8-10, 2006
Parelli Center, Pagosa Springs, CO
Schedule of Events



DAY 1 - Friday

Theme: Advanced Horsemanship

9.30am

Savvy Team: Students play with their horses for your inspiration and entertainment.

10.00am

Pat & Linda ~ *Long Line Magic*

How using longer lines and long-lining horses can accelerate your advancement.

BREAK (12.00 – 2.00)

2.00pm

Pat Parelli ~ *The Secrets of Bridleless Riding*

When you ride with a bridle, act as if you don't have one...and when you ride without a bridle, act as if you do have one! That's the secret. Riding without a bridle is an extraordinary test of how fluid you are and how well you communicate with your horse through your body. It also leads to higher levels of horsemanship by stopping the overuse of the reins and focusing on patterns to engage a horse's mind.

BREAK 2 (3.30 – 4.30)

4.30pm

Linda Parelli ~ *Collection Naturally*

"Collecting" your horse without jamming him up is hard to do unless you understand that it is the result of combining mental, emotional and physical collection, naturally. Where many riders think of collection as an arched neck and therefore put a 'head set' or 'soft face' on a horse, we have a completely different view. An introduction to the most advanced teaching approach now used at the Parelli Centers!

6.00pm CLOSE

2006 CONFERENCE

Celebrating ten years of Savvy!



DAY 2 - Saturday

Theme: Makeovers

9.30am

Savvy Team: Students play with their horses for your inspiration and entertainment.

10.00am

Pat Parelli ~ *Horse Makeover:*

Solving Problems with Horse Psychology

Knowing how to prevent and solve problems through psychology rather than physical coercion is where it's at. How can you create rapport, build confidence, develop curiosity, increase sensitivity and maintain a horse's dignity while solving problem behaviors?

BREAK 1 (12.00 – 2.00)

2.00pm

Pat Parelli ~ *Natural Colt Starting*

The approach to starting and developing the relationship with horses who've never been ridden is something Pat has always been passionate about. The more you know about the start, the better you'll be for the horse as he progresses, and the more you know about the finish, or where you are taking the horse, the better you'll be at starting him!

BREAK 2 (4.00 – 5.00)

5.00pm

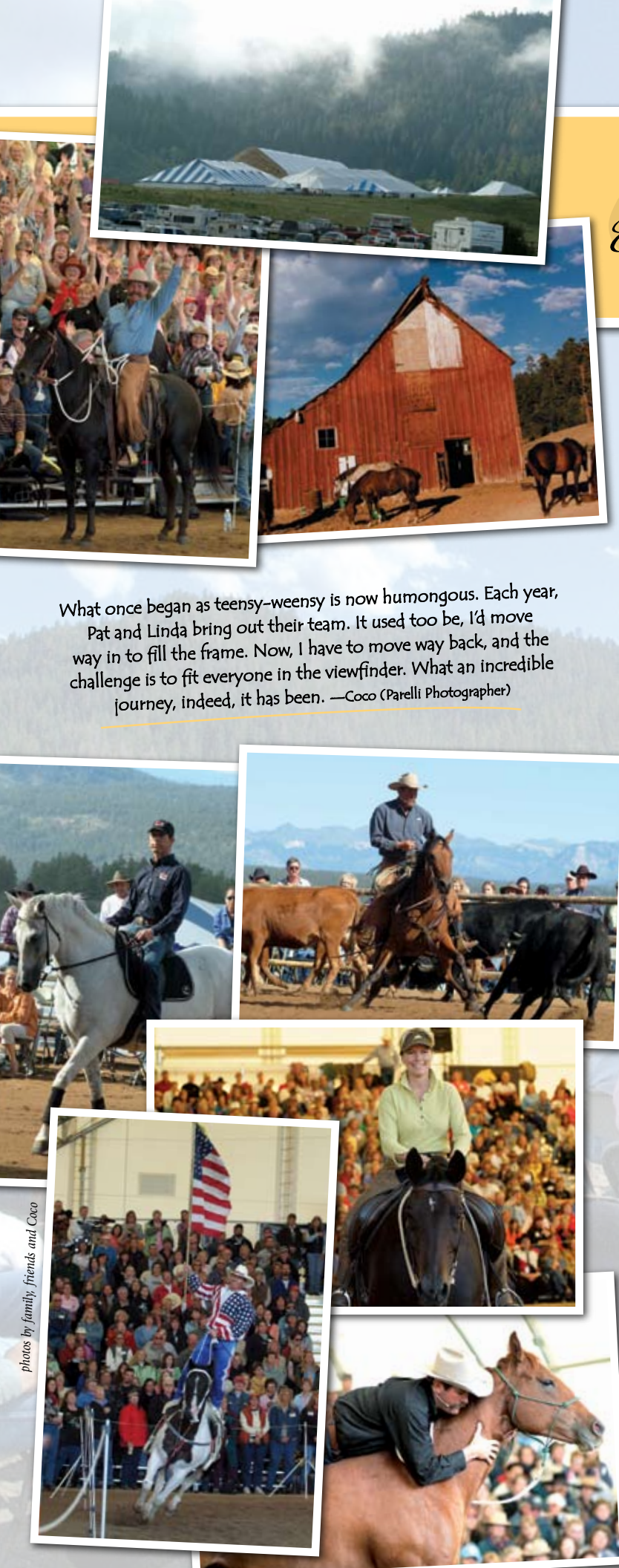
Linda Parelli ~ *Rider Makeover*

By applying the principles of Fluidity, Linda shows how simple changes in the rider's posture, saddling and use of their body can profoundly change their effectiveness and comfort...not to mention completely transform the horse!

6.30pm DINNER

7.30pm DANCE

What once began as teensy-weensy is now humongous. Each year, Pat and Linda bring out their team. It used too be, I'd move way in to fill the frame. Now, I have to move way back, and the challenge is to fit everyone in the viewfinder. What an incredible journey, indeed, it has been. —Coco (Parelli Photographer)



This year will mark the 10th Anniversary of the Parelli Savvy Conference at the Parelli Center in Pagosa Springs, Colorado!

DAY 3 - Sunday

Theme: Challenges

8.00am
Cowboy Church

BREAK 1 (9.00 – 9.30)

9.30am
Savvy Team: Students play with their horses for your
inspiration and entertainment.

10.00am
You Asked For It! ~ *Savvy Club Request Demo / Teaching Session*
A popular suggestion will be presented live at the Savvy
Conference and taped for future Savvy Club DVD's.

11.00am
Pat & Linda Challenge!
Anything you can do, I can do, I'm learning to do...Pat and
Linda play together with their top horses in the Four Savvys.
Then watch as Pat challenges Linda when they ride...half
passes, flying changes, piaffe, passage, pirouettes, spins, roll
backs. Look forward to an unusual 'pas de deux' where West-
ern and English fuse naturally.

BREAK 2 (12.30 – 2.00)

2.00pm
Parelli International Games 2006
Pat Parelli's vision of a game for horses and humans that puts
'principle to purpose' live in action. Share the suspense, ex-
citement and fun! An International Finale with students from
all over the world—a true testament to Parelli horsemanship
which is transforming horse-human relationships worldwide.

4.00pm CLOSE

*Please note that times are approximate and may flex slightly according to
the needs of the horses or attendees.*



It's not that many years since I helped at an earlier Savvy Conference
when just two to three hundred people sat on hay bales under the
dripping eave of a tent to watch Pat present to them in teeming rain,
when the big top and the big crowds where just a dim dream.

What a long way we've come, and yet the view of the Rocky
Mountains is the same and so are the principles and the philosophy
that Pat identified for us to teach. —Kaffa Martignier (Faculty Team Leader)



"RAISE YOUR VOICE..." POLL RESULTS

Some of our members on the Savvy Club Forum set aside a special place on the Forum to share their stories, poems and pictures about Parelli. Their interest is to publish their collections as a book.

They approached Parelli to take on the project. In response, we published a few selected excerpts in the last issue of *Savvy Times* and set up a poll in the month of May on the Savvy Club website to vote whether members would purchase such a book.

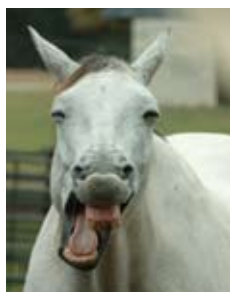
We thank you all for your participation. As we go to press we have over 16,000 Savvy Club Members worldwide. 820 members participated in the poll. 619 members voted that they would purchase this book for themselves. 581 said they would purchase it for a friend or family member.

These results suggest that it is not a feasible project for Parelli to print in a book, however, we will incorporate and share the contributions we have received through the Savvy Club website and magazine.



Savvy Club Forum

The Forum is a great resource for Savvy Club members only. While it is not a place to find training information (that's what the Parelli Program, Virtual Instructor and Parelli Professionals are for), it is a place to meet fellow Savvy Club members, share stories and chat about everything Parelli. Includes a special Classifieds section. To log on and check out the Forum, just log-in to parellisavvyclub.com. Click on the "Savvy Club Forum" link at the top of the page and then select "Register" from the top menu. This will take you through a few easy registration steps. Now you're set to explore existing posts or create your own! And when you log into the Savvy Club web site, check out the member locator option!



WE WANT TO HEAR FROM YOU

This is your Club and we want you to contribute! Send us your home movies of savvy or fun moments with your horse for us to share with other Savvy Club members on the monthly DVDs. Videos must be no longer than 10 minutes. Send your tapes to Parelli;

Attn: Savvy Club Video Department; PO Box 3729 or 56 Talisman, Suite 6; Pagosa Springs; Colorado 81147.

Do you have stories or photos you'd like to share, too? Send them in! Mail can be sent to the address above, Attn: Savvy Times, or you can e-mail savvyclub@parelli.com.

COMING TO AUSTRALIA IN 2007

Dates: March 10–11, 2007

Venue: Sydney International Equestrian Centre (2000 Olympics venue)

It is with great excitement we announce a Conference with Linda and Pat Parelli for Horse Lovers in Australia. Ensure you mark this date. Explore the venue details at the link above, and if you live in the US, isn't this a perfect time to have that vacation in Australia that you have always talked about?!

More details and tickets on sale later in the year...start planning and dreaming 'Linda and Pat Parelli Inspiration Down Under!'

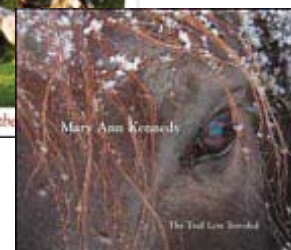
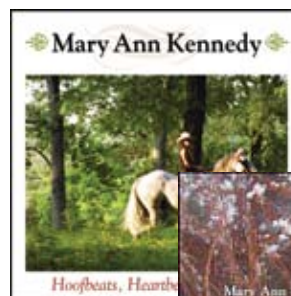
MUSIC TO RIDE TO!

We've been getting lots of inquiries about the new music on our weekly RFD-TV shows and, yes, it is available on CD!

The songs are written, arranged, and produced by Mary Ann Kennedy and are available through Mary Ann's website www.maryannkennedy.com or through the ParelliCollection at www.parellicollection.com.

Our particular favorites are the two songs Mary Ann wrote for Pat and Linda: "When You Carry Me" (the Fluidity song) and "Green On Green Makes Black and Blue." Both songs are featured on the "Hoofbeats, Heartbeats and Wings" CD.

Mary Ann says her two passions in life are "animals and music". This passion shines through her music and we are thrilled to share this love for horses with you!



Chat Rooms Available!

Chat Rooms are available to Club members. Log in to parellisavvyclub.com and check it out.



TOUR STOP ADMISSION

We ask that Savvy Club members reserve their seats at Tour stops by requesting a ticket for themselves and anyone who is attending on their membership. You are helping us keep a head count to ensure everyone gets a seat.

To request your free tickets log in to the Savvy Club web site (www.parellisavvyclub.com), click on the new link for

tickets and fill out the online form. Please note you can only request as many member tickets as the number of people on your membership. In addition to your member tickets, you can request up to five buddy passes for friends. If you are having problems logging in, please call the customer service department at 1-800-642-3335 or e-mail savvyclub@parelli.com.



DON'T FORGET YOUR PASSPORT & MEMBERSHIP CARD

Requesting tickets will get you in free to all the Parelli Tour stops, but don't forget your Parelli Passport and membership card. Your passport can be stamped at the Savvy Club booth with a unique stamp at every Tour stop or major Parelli event. Document your journey! And your card will be swiped to add your 25% discount to your purchases at the show.

TOUR NEWS: EXCITING OPPORTUNITY!

For those of you who would like to help us BEFORE your local tour event we are offering an opportunity to be part of the Parelli team, be our representative and earn credits with Parelli.

If you are an enthusiastic, energetic, passionate Savvy Club Member who would like to spread the news (& tickets) to local businesses and organizations that Linda and Pat are coming to town, visit www.parelli.com and apply under USA Tour—Opportunities to help us prior to the event—PARELLI AMBASSADOR.

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Parelli e-News is our official weekly newsletter. Find out about special offers; view the newest, weekly podcast; get Tour updates; RFD-TV programming; new releases; tips and more. Call 1-800-642-3335 (US), +1 970-731-9400 (outside the US) or 1800 460 988 (AU) to update your e-mail information with us to have e-News conveniently delivered to your In Box. Some e-mail programs do have spam blockers that prevent delivery. Don't worry! E-News is updated every Thursday at www.parelli.com.



PARELLI INTERNATIONAL SAVVY CLUB

You'll notice we've added "International" to the name and logo of the Club. As of March 31, 2006 residents of Australia, England, Ireland, Northern Ireland, New Zealand, Scotland and Wales can join the Savvy Club and shop online.

Thank you for sharing your journey with us and being part of this worldwide movement. Parelli Savvy Club membership in Canada, Switzerland, and Italy still operates through our Distributors. We appreciate everyone who is a member of our worldwide Parelli family!



A Level 2 Journey: Part 7

with Yvonne Wilcox



"I can't wait for Session 4..." was how I ended my last entry in this Level 2 journey. Well, here's how Session 4 turned out!

My study buddy and I arranged a play-day with our horses. When I arrived, Escada decided to hide behind the other horses. Like Pat says "What side of the corral did your horse wake up on today?"

I've not been able to see Escada very often lately and her herd of friends are much more interesting than me! So I decided to empty the paddock of the other four horses (my first mistake) so that only Escada and my friend's horse were left to play catching games with.

As we were haltering and leading the other horses out (of course they were easy to catch!), Escada saw the deal and kept coming to the gate to try to get out. I'd shoo her away—that was the start of her getting stirred up (my second mistake).

When all the other horses were out in the next pasture, she started running up and down the fence. It looked like she was going to try to push on the fence so we turned it back on (it's an electric fence).

ously considering going through it.

Then one of the other horses came up to the fence and Escada stopped and stood face-to-face with her. I climbed through the fence and stood with the other horse. I knew Escada would stay if I did this, plus it would give me time to think about what the heck to do next?

While I stood there with the horse on the other side of the fence, I remembered Linda and Replica from Conference 2005 (*Savvy Club DVD Issue 14*). Replica was so right brain, not paying attention to Linda. She wanted to be back with her herd, paced back and forth, couldn't keep her feet still. So Linda used the "matching and mirroring" technique.

So I decided to give this technique a try—I had nothing to lose.

When the other horse walked away and Escada started to pace the fence again, I stayed on the other side of the fence and started matching and mirroring her. Walking to the left, to the right, left, right, left, right, along the fence. (It was tiring.)

Escada wasn't showing any signs of making a change. I thought, "Well at least I'm getting

Student: Vonni [Yvonne Wilcox]

Horse: Escada [Kenlyn Muscata]

Age/Breed: 6-year-old Bay Arabian Mare

Levels achieved: Level 2 on the ground through self-assessment with the Pocket Guides.

Levels Goal: Used to be: To complete Level 3 on the ground before trying to achieve Levels 2 and 3 in the saddle.

Now: As above...plus to always remember to put our relationship before my goals!

In the last six issues of Savvy Times, Yvonne has shared her journey through Level 2 skills, bucking issues, and what it was like to have a Fluidity lesson with Linda on Remmer, her Dutch Warmblood.

This issue we hear about "Sessions 4 and 5" after Yvonne and Escada were reunited from a 10-week separation in Fall-Winter of 2005.

I started tossing small bits of dirt toward Zone 5, and playing approach and retreat, but each time I approached she would lunge toward the fence as if she was seri-

some good exercise." After about five minutes had passed with no change, I tried to think what I might be doing wrong.

I focused on how good my mirroring was. I was moving exactly in time with her, but I realized I was not really "feeling" like her. I was mirroring her physically but not mentally and emotionally. Her breathing was very panicked and her thoughts were even more so. So I started matching her breathing and her thoughts. I started to think "If I don't get over there to my herd I'm going to DIE! I'm going to die! I'm going to die! The sky is falling!"

WELL! Now I really started to feel different. I felt scared. My breathing changed, and lo and behold, I started to feel a change in Escada. It felt like part of her focus was now on me. I felt like there was some synchronicity growing between us. We were panicking together in harmony!

I remembered Linda saying when she was with Replica that at some point after mirroring you're going to have to start to lead. So I tested it. I thought, "I wonder if I turn to go back along the fence before she does, if she'll turn with me." I was worried it wasn't going to happen so I just kept mirroring with her a bit more until I had the confidence to try it.

Instead of walking all the way to the end of the fence with Escada, I walked half way, then turned back. SHE DID IT! She mirrored me EXACTLY. She turned with me and walked back

the other way. It felt REALLY cool, but then I thought, "Oh heck, what do I do now?" So I just kept walking left and right. Sometimes keeping her pattern and sometimes adding a "my idea" to either walk further along the fence or only part way along the fence before turning. After about eight new patterns that were my idea with her following every time, I stopped. To my elated surprise she stopped with me and buried her head in my chest over the fence!

After resting like this for a while, I walked to the gate and walked inside the pasture with her. She followed me to the gate and I gave her scratches and rubs all over. I could see she still had a little radar on the herd in the other pasture, but it felt like 99.99% of her mind and body were with me! I still had tinges of "What should I do now..." I really didn't want to mess up the connection I had just gained.

So I decided to turn it all into a game of "Follow Me." I'd walk over to food, she'd follow, I'd sit down next to the food, she'd eat. I'd get up and walk over to the fence to look at the other horses, she'd follow. I'd walk to another part of the paddock to give her a scratch, she'd follow. If she hesitated, I'd turn, call her name, toss a small piece of dirt over Zone 5 and then keep walking, she'd follow. It was a lot of fun because I've never had her follow me SO WELL before. This wasn't the session I had planned, but as far as growing our relationship, it felt awesome!

SESSION 5.

It's NOT ABOUT THE TRAILER...BUT IT IS!

Escada's trailer loading has come a LONG way from when she would rather kill herself than get in.

But I've never done the DUE diligence of truly practicing and taking the time to get her totally confident with it. I've not had the facility, and when I have, it's only been for a short time.

The time to trailer her home after boarding for the Winter was fast approaching. My friend where I board was nice enough to help out by setting up a trailer so I could start practicing before T-DAY (*the dreaded trailer loading day*).

I spent a whole week mentally preparing for my first practise session! I knew I had to just have it be a game and not care if she went in. I've heard Linda and Pat say many, many, many times now, "It's not about the trailer, it's about the love, language, leadership, confidence, relationship." I think I believe it but when it comes

to the reality of trailer loading, I don't because I REALLY want her to get in the TRAILER!

So I went to catch Escada. She put her ears up when I called her name but then skulked off. I decided to try something different. I remembered Pat talking about when you try to catch one horse, the others will come to you. So I walked over to one of the other horses and started making a fuss over her. Scratching her, telling her she's a wonderful, beautiful girl... Pretty soon Escada had crept over and inserted herself between me and my co-conspirator.

I started to scratch Escada all over, then scratched her neck and casually pulled a Savvy String out of my pocket and looped it over her neck. I scratched her a bit more then took her over to the halter and lead, haltered her, then

"All I'm going to think about is having a good Send," I thought. "I don't care what she does or what happens when she gets to the trailer ramp."

walked her out of the pasture to some fresh Spring grass. (Hah!)

We moseyed past the trailer to some more grass. Then played Squeeze near the trailer over to some more grass. Then I stood beside the trailer and sent her from the side of the trailer. "All I'm going to think about is having a good Send," I thought. "I don't care what she does or what happens when she gets to the trailer ramp."

After letting her stand at the ramp for a bit, I'd casually send her back over to the *send position* beside the trailer, then repeat. All the time desperately trying to remember to not care about what happened when she got to the trailer after the send.

After a few sends, she started putting her feet up on the ramp, then would back off. So I'd just casually send her back to the send position.

I remembered Pat talking about spanking the place where the horse was (Phases 3 & 4) and realized I had been trying to spank the horse! So I focused on spanking the piece of ground where she *was*. She of course would leave that spot before it got spanked!

Two sends like this and she made a change. When I tried to send her back to the send position, she instead pulled the lead from me to try to go into the trailer! "Hmmm, how interesting." I tried again to send her back to the send position and again she pulled the lead

back toward the trailer. It was becoming HER idea to go in! I was so excited! It was working.

So I did this a few times, but she could only bring herself to get in up to her shoulders and then back out. I could see she was now counting on me for more leadership and confidence. So I'd lead her with my left hand and tap her rump gently but confidently with the Carrot Stick three times. Still she could only go in up to her shoulders.

After a really good try, I stopped and tried to think of what I could do to help her.

I remembered a friend telling me she'd heard that horses can REALLY read/see your thoughts. That if you could truly picture in your mind what it is you wanted the horse to do, that they would be more likely to do it. So

I tried to picture Escada's body standing in the trailer—I couldn't!!!

I thought, "If I can't see Escada in there, how could I help her?" I could only picture what she had already shown me, which was that she could only go in as far as her shoulders. I had to work hard and long to get a picture in my head. I stared into the trailer and tried to see the shape of a Bay Arabian mare in there—it was hard! Many moments later, I backed her up and sent her toward the trailer. Still just the shoulders went in. Okay, maybe I didn't really get that picture strong in my head. I visualized it again—nose, neck, feet, whole body... I sent her again and in she went!!! While I stood there licking my lips, she turned around and stood facing out. She didn't try to bust out, she just stood there and looked at me. I scratched her chest, gave us both time to think, then lead her out. She walked out slowly, left brain, so I took her to graze.

The next time I saw Linda I mentioned the "Picturing what I wanted" and she said, "OF COURSE! A good leader knows the outcome of their plan! If the horse can feel your confidence and belief that they can do it, they're much more likely to do it."

Well, I was overjoyed. I plan to have as many "I don't care about trailer loading" sessions as I can before T-Day. I'll let you know how it turned out the next time we meet! 🐾

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—Linda Parelli



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